

OCTOBER 2018

Hyde Park COMMUNITY UMC

S.A.M.
senior adult ministry

First Friday Nitters Oct. 5

Cuban Missile Crisis *with Diane Shields*



Diane Shields returns for another fascinating history lesson for First Friday Nitters! She will talk with us about the Cuban Missile Crisis, which occurred over a 13 day period in 1963. This confrontation between the United States and the Soviet Union concerned American ballistic missile deployment in Italy and Turkey with consequent Soviet ballistic missile deployment in Cuba. The confrontation is often considered the closest the Cold War came to escalating into a full-scale nuclear war. Diane is a retired high school educator and she taught American History, World History and Government.

MENU

Delicious dinner prepared by our personal chef Terry Celek

COST

Dinner is \$10.00/person
no charge for the program only

Reservations are required by Sunday, September 30, 2018

Fellowship at 6:30 pm in the Refectory

Dinner at 7:00 pm

Program 8:00 pm-9:00 pm

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DINNER

RESERVATIONS for First Friday Nitters

October 5

Please reserve _____ places for the dinner and program for the following people (please print):

Mail a check for \$10.00 per person, payable to First Friday Nitters to: Jude and Mel DeWitt, 3902 Banks Rd., Cincinnati, OH 45245 or call (513)256-0574 by Sunday, September 30, 2018.

Thursday EDITION

Meets on the *second and fourth* Thursday in the Little Theatre (second floor).

10:00am–10:30am Social/Refreshments

10:30am–11:30am Program

Questions? Contact Diane Weaver at 979-8190 or diweaver@hpcumc.org

THURSDAY, OCTOBER 11, 2018

THE SOLDIER'S HEART

Doug Rachford and Nonie Muller

As a disabled veteran who served over nine months in the jungles of Vietnam, Doug Rachford will share his story of hardship and danger, the trauma of shrapnel wounds, anger and depression, recovery, and suffering with PTSD for many years. Doug will go on to share how he was healed and discuss programs of recovery for veterans and families. A fellow member of the church and a nurse by background, Nonie Muller will provide a brief overview of PTSD and how the Soldier's Heart Program provides a unique and very successful approach to help our veterans and our culture heal.

THURSDAY, OCTOBER 25, 2018

WHAT IS NEW IN RETIREMENT LIVING OPTIONS?

Life Enrichment Communities

Today there are many options for living a successful life in retirement. Which one is right for you? This program is open to everyone who is, or will be, considering a change in their future living arrangements. The pros and cons will be discussed of all that is currently available—from home care to apartments, to patio home living, and everything in between.

A FEW GOOD MEN & A MEAL

October 16th, 2018

On the third Tuesday of each month men of the church gather at a local restaurant to share a meal together and have fellowship. On October 16th, the group will meet at Bob Evans, 8057 Montgomery Road, at 7:00 pm to enjoy dinner together. *Questions or to reserve a spot at the table, contact Dennis Wilson at dswilson@fioptics.com or (513)232-5211.*

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STRENGTH, BALANCE, AND FLEXIBILITY CLASS

The Monday exercise class which works on strength, balance, and flexibility begins Monday, October 1, 2018. It meets from 11:15 am to noon in the Social Hall for six classes and Mary Pearce is the instructor. *Registration is not necessary, but appreciated. Contact Mary at mnbpearce@fuse.net. Come get healthy and have fun!!*



First Friday Nitters

October 5

Cuban Missile Crisis

with Diane Shields

Please complete form on the back to Register!