

OCTOBER 2019

Hyde Park COMMUNITY UMC

S.A.M.
senior adult ministry

First Friday Nitters Oct. 4

JEOPARDY, *Caryl Miller and Deb Price*



MENU

Delicious dinner prepared by our personal chef Terry Celek

COST

Dinner is \$10.00/person
Program only is free

Reservations are required by Sunday, September 29, 2019

(Remember the time change– 5:00 pm for Social Hour followed by Dinner at 6:00 pm and the Program from 7:00 pm-8:00 pm)

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DINNER

RESERVATIONS for First Friday Nitters Oct. 4

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 (513) 256-0574, jude.dewitt@gmail.com by Sunday, September 29, 2019.

Thursday EDITION

We have a continental breakfast and social time from 10:00 am-10:30 am, with the one-hour program beginning at 10:30 am in the Little Theatre. No reservations are necessary and please feel free to invite friends. These programs are open to everyone

THURSDAY, OCTOBER 10, 2019

TAI CHI DEMONSTRATION, *Randi Solomon*



The Taoist Tai Chi® arts exercise the entire body and contribute to better balance and posture, increased strength and flexibility, improved circulation, calmness and peace of mind. Randi Solomon, who practices the Taoist Tai Chi® arts in Cincinnati, will give a brief overview, demonstration and provide an opportunity for you to try it.

THURSDAY, OCTOBER 24, 2019

CUBA: A LAND OF CONTRASTS AND INTRIGUE

Bob Keith and Kathy Thornton-Keith



Many of us remember the communist revolution of 1959, Castro's rise to power and the subsequent tide of immigrants coming to Florida, often risking their lives in small boats and fragile rafts, and the effects following the Cuban Revolution on American politics.

In March 2019, Kathy and Bob Keith traveled to Havana, Cuba for a week of travel with host Road Scholars. They traveled by bus through much of the country to places like Cienfuegos and Santa Clara, and to the Bay of Pigs, site of the failed invasion of the country sponsored by the CIA. They met academics who discussed the politics and economy of the country, artisans, dancers, and musicians; and enjoyed a stop at the plantation home of Ernest Hemingway.

Kathy and Bob will discuss their journey, show some photos, and give their impressions of the places and people they met. Their presentation will be followed by time for questions and discussion.

A FEW GOOD MEN & A MEAL

October 15, 2019

All good men (single, married, or widowed) are invited to join other good men to share lunch at Bob Evans at 8057 Montgomery Road at 12:30 pm. Please contact Dennis Wilson by Monday, October 14, 2019 (dswilson@fioptics.com or 513-232-5211) if you plan to attend. The monthly meals are held at Bob Evans in Kenwood and alternate between lunch and dinner.

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STRENGTH, BALANCE, AND FLEXIBILITY CLASS Begins next month!

October 7, 14, 21, 2019

(Will not meet 10/28)

11:15 AM to 12:00PM in the Social Hall
Wear comfortable clothes and join others for 45 minutes of exercising to help build strength and flexibility, to enhance your balance, and have fun in the midst of it all! **Contact Mary Pearce at mnbpearce@fuse.net with any questions.** *Reservations are not required but appreciated.*



First Friday Nite

Oct. 4

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Please complete form on the back to Register!