

**SENIOR
ADULT
MINISTRY TEAM**

Hilary Drake: Team Leader

Sandra Sommer: Aging Gracefully

510/889-7233
seniors@holycrosscv.org



"Aging is not lost youth but a new
stage of opportunity and strength."

Betty Friedan (1921-2006)

**Holy Cross
Episcopal Church**
19179 Center Street
Castro Valley, CA 94546

Phone: 510-889-7233
Fax: 510-889-0413
E-mail: office@holycrosscv.org



**SENIOR ADULT
MINISTRY**



**Offering opportunities
for fellowship through
programs and activities
with and for our senior
adults**

**Holy Cross
Episcopal Church**

*You've got questions...
We've got questions!
Let's go on a journey together...*

ENJOYING OUR TIME TOGETHER

Aging Gracefully meets at noon on the last Tuesday of the month to discuss topics pertaining to life from the perspective of older adults. Participants are encouraged to bring a bag lunch.

Discussions are often based on quotations about aging and spirituality. These range from thought-provoking to humorous.

Periodically, speakers have presented information on subjects of interest such as personal and financial safety.

This is a relaxed and welcoming group that provides an opportunity to share thoughts with others on the same journey.

LEARNING AND SHARING

Our parish senior adults enjoy social events and monthly outings which include attending musical concerts and plays, as well as visiting museums, gardens and other local attractions.

A stop for coffee/tea or lunch is usually included to give us an opportunity to relax and chat. Transportation is arranged from Holy Cross, with an option of a ride directly from your home. (The outings and events are planned with the comfort and enjoyment of senior adults in mind; however everyone is welcome to join us.)



GRACE
CATHEDRAL

REACHING OUT TO THE COMMUNITY

We participate in the Seniors with Grace Program at Grace Cathedral two to three times during the year. This community event for senior adults includes a topical presentation; Holy Eucharist in the Chapel of Grace; and a catered lunch. It's a nice opportunity to gather with senior adults from the San Francisco area in the beautiful cathedral setting.

Information on our programs and upcoming events is announced in the "Highlights" section of our weekly bulletin distributed at our worship services.