

Christian Enrichment Center NEWS...In Jesus' Name We Play!

If you have any questions or would like additional information, please call 678-688-3858!

1401 Maple Drive Griffin, GA 30224

jennifer.vining@griffin-fumc.org

www.griffin-fumc.org

About Us:

The mission of the Christian Enrichment Center is to use recreation, fitness, and enrichment classes to complement and strengthen the ministries and organizations of our church as we seek to share Jesus Christ with others.

Our ultimate purpose is to:

Reach others for Christ by creating an environment that exists to provide quality sports, leisure activities, and other non-traditional means while emphasizing excellence, opportunities, and values.

Enlarge our ministries' territories as we meet the needs of people spiritually, socially, emotionally, and physically.

Challenge the Griffin FUMC family to grow through new experiences in fellowship and discipleship while using our time and our talent to serve others and our Lord.

The center is open to Griffin FUMC members, guests and visitors. The facility includes an adaptive cross-purpose gymnasium, elevated walking track, separate aerobics, cardio, weight, and multi-purpose rooms, spacious kitchen, three meeting rooms and shower facilities.

Gym Membership:

Cost is \$1.00 per person per visit OR \$10.00 unlimited use per month. No annual contract!

Hours of Operation:

Monday = 8am – 9pm

Tuesday = 8am – 9pm

Wednesday = 8am – 6pm

Thursday = 8am – 9pm

Friday = 8am – 3pm

Fitness/Weight Loss Classes:

ZUMBA Fitness (All Fitness Levels) = Morning Classes = Monday, Wednesday, Friday @ 8:00am ; Evening Classes = Monday @ 6:00pm, Tuesday and Thursday @ 7:00pm. All classes are \$4.00.

Pilates Exercise (Intermediate) = Every Tuesday and Thursday @ 9:00am and 5:30pm. Cost is \$3.00.

Yoga Class = Every Tuesday evening at 6:30pm. Class meets in church office building. Cost is \$6.00.

Personal Training Group (Beginner) = Every Tuesday and Thursday morning @ 9:00am. Cost is \$5.00.

Personal Training Group (Advanced) = Every Monday and Wednesday morning @ 9:00am. Cost is \$5.00.

Personal Training Group (Intermediate) = Every Tuesday and Thursday evening @ 5:30pm. Cost is \$5.00.

Weight Watchers = Tuesday mornings @ 9:30am and Monday evenings @ 6:30pm.

T.O.P.S. (Taking Off Pounds Sensibly) = Support group meets Monday mornings @ 9:30am.

Enrichment Classes:

Scripture Coloring Group = Second and fourth Monday of the month at 11:00am. Led by Nancy Cook.

Art Lessons = Every Thursday @ 10:00am. Bring your own supplies and receive help in shading/perspective from a trained eye. Led by Joyce Perdue-Smith. Class is FREE!

Spanish Conversation = Thursdays at 10:00am. Class will start back in the fall. Class is FREE!

Mahjong Game Club = First, third, and fifth Wednesday of each month at 1:00pm. Cost is \$1.00.

Bridge Club = Second and fourth Wednesday of each month. Cost is \$1.00. Call to register and/or details.

Guitar Lessons = Monday, Wednesday, and Thursday afternoons. Call Anne Stansell at 404-326-5790 to register.

Brain Injury Support Group = First Tuesday of each month at 7:00pm.

Teen Driving Course = Courses available throughout the year. Call (678) 432-1551 to register and/or details.

Babysitter Certification Course = Course offered May 31st. Read more on back of this page!

CPR Certification Course = Course offered June 1st. Read more on the back of this page!

'Sew Happy' Sewing Classes = Sewing Classes offered throughout the year. Ask to be put on our call list!

Turn page over for information on Upcoming Events and Programming!

Upcoming Events/Programming (SPRING/SUMMER 2016):

Meet our May Member of the Month, Lou Patterson Gillespie!



Lou Patterson Gillespie is a tiny little lady whom you probably know. A longtime member of Griffin First United Methodist Church, she taught physical education at the old Spalding High and also Griffin High. Further, she coached basketball and tennis in the '50's. As if that weren't enough, she also taught health classes, once with doctors' wives as her students. "I'm not sure how I got into that," she says.

We don't know, either, but we can imagine. She's a near-perfect specimen of wellness. She's taught exercise classes for 30 years, dating back to 1985. She's seen benefits in her own body. "Exercise has built endurance, strength, and flexibility. The ladies I taught at the CEC range in age from 55 to 97. I taught twice a week, and the students numbered five to fifteen, with the average being six. No men have been brave enough to join us, but some ladies who came to the classes went to other churches or no church at all."

Lou didn't want to brag about her generosity, but most of us who use the CEC regularly are aware that her classes were free—no charge at all. As if that's not enough, she relied on variety so her students didn't get bored. "Sometimes we used videos to guide us," offered Lou, "but more often, I led them through our exercises myself. We even sometimes socialized together outside of class. When I retired recently, they gave me a gorgeous hanging basket that now graces our front porch."

Those who relied on Lou will miss her spirited teaching, but we can rest assured that Lou, at least, will be working out on her own. She walks at the Airport Road track and sometimes hits tennis balls with her granddaughter Joni Marie. How many granddaughters can make such a claim?

As Lou enjoys her retirement years, we wish her well. Good health and clean living? For Lou Gillespie, that goes without saying.

By Betsy Harris, CEC Committee Member

The Christian Enrichment Center and Committee will be giving Lou a reception on Tuesday, May 17th from 10-11am in the Christian Enrichment Center Meeting Room. Please join us as we thank Lou for her nearly sixteen years of service to our church and community.

New Program Spotlight: Scripture Coloring Group

Did you know that coloring generates wellness, quietness, and stimulates brain areas related to motor skills, the senses and creativity? Join us every 2nd and 4th Monday of the month for our Scripture Coloring Group led by our very own Nancy Cook! Coloring books, colored pencils, and markers are all provided for participants. If you have your own supplies, feel free to bring them! Join us for a relaxing time of fellowship as we color beautiful scripture pages and meditate on God's Word!

Men's Softball League Schedule

Come out and support our FUMC Softball Team! All games are located at Dundee Park off of Experiment Street.

Thursday, April 28th – 7:00pm vs. Eagles Way (Dundee Park Field #2)

Tuesday, May 3rd – 7:00pm vs. FBC, Orchard Hill (Dundee Park Field #1)

Thursday, May 5th – 9:00pm vs. Voice to the Nations (Dundee Park Field #2)

Tuesday, May 10th – 7:00pm vs. Vega Church (Dundee Park Field #1)

Babysitter's Training Course

Our Annual Babysitter's Training Course is set for Tuesday, May 31st from 9:00am – 12:00pm. Cost is \$35 and includes instruction, course notebook, and snack. Registration Deadline = May 24th. Course will cover: How to choose safe and age-appropriate toys and games, various stages of child development, diapering and feeding techniques, how to handle bedtime issues, CPR/First Aid Training, marketing strategies to get babysitting jobs, tips for a fun and safe babysitting experience, and much, MUCH more!!! Led by Liz Tarleton.

American Heart Association Heartsaver First Aid, CPR (with AED) Certification Course

We will be hosting a CPR/First Aid Certification Course on Wednesday, June 1st from 8:30am – 12:30pm. Class is for any group or individual interested in learning First Aid and CPR (with AED) for personal education and/or course requirement. Registration deadline is May 24th. Cost is \$60 and includes instruction and completion card. Led by Liz Tarleton.

American Red Cross Blood Drive

The Red Cross is in EMERGENCY need for all blood types and will be at the center on Thursday, June 9th from 3-7pm. Call to reserve a time that is most convenient for you.

TOP 5 REASONS TO GIVE BLOOD:

5) You will get free juice and cookies.

4) You will weigh less - one pint less than when you leave than when you came in.

3) Nobody can ask you to do any heavy lifting as long as you have the bandage on. You can wear it for as long as you like. It's your badge of honor.

2) You will walk a little taller afterwards - you will feel good about yourself.

1) You will be someone's hero - you may give a newborn, a child, a mother or a father, a brother, or a sister another chance at life. In fact, you may help save up to three lives with just one donation.

Make plans to give because of these reasons above AND because IT IS THE RIGHT THING TO DO.

2016 Summer Programming – In Jesus' Name We Play

- Sewing Camp - June 13-16 / Ages 10-15 / 9:30am-12:30pm / \$65 / Led by Julie Stikes and Sirena Conway
- Express Yourself! Creative Writing Camp – June 20-24 / Grades 4-9 / 1-4pm / \$75 / Led by Betsy Harris and Abbie Argo
- Truth Be Told Art Camp– June 27-June 29 / Ages 7-14 / 9am-12pm = Girls / 1-4pm = Boys / \$110 / Led by Truth Be Told Christian Traveling Art Group
- Culinary Camp - July 18-21 / Grades 2-8 / \$110 / Led by Julia Fletcher of Spalding County High School and owner of Poteet Delights and Cuisines
- Truth Be Told Art 'Parent and Me' Workshop - July 25 / Ages 3-6 / 9am-12pm / Led by Elicia Smith of Christian Traveling Art Group, T.B.T.A. / Adult must participate with child