

SPRING
2019

Christ Memorial Fitness Witness

Tips for healthy mind, body, & spirit!



Christ Memorial Health Center
CMHealthCenter.org

Fitness Center and R.E.H.A.B *

**Orientation required for use of fitness center*

Fitness Center Hours:

Mon – Sat: 8am – 11am

Mon – Thurs: 3pm – 9pm

(FC closed from 11am-3pm for REHAB)

R.E.H.A.B. By appt. only

We offer a free, safe, comfortable atmosphere in which to exercise. Call 314-631-0304 for upcoming orientation dates.

We also offer a FREE rehabilitation program; **R**ehabilitation, **E**ducation, **H**ealth, **A**nd **B**lessings—R.E.H.A.B. Call Lisa, 314-722-2106, for an appointment.

Need a little help getting motivated? We have a Personal Trainer and Health Coach to help guide and encourage you. Call 314-722-2106 to schedule an appointment for either of these services.

SILVER SNEAKERS IS HERE

WE ARE EXCITED TO BE A PROUD PARTNER
WITH SILVERSNEAKERS

What does this mean? If you are 65+ and have SilverSneakers, we would like to know. You may have a card; we will need the 16-digit number from your card. Also, each SilverSneakers participant will need to sign a waiver (see Fitness Volunteer for form). When these items are complete, each time you visit CMHC we get credit. The credit is in monetary form which will be great benefit for all of us. If you have any questions, please let us know.



ANOTHER SUCCESSFUL GO!

We would like to thank all those who participated in the 2019 GO! If you ran, walked, volunteered, sponsored the team, or prayed, your support is most appreciated. We had 32 participants on the Christ Memorial Health Center Team. In addition, we have raised \$8700. It's not too late to donate. You have until April 30th.



Missouri Foundation
for Health

a catalyst for change

**MANY THANKS TO OUR
2019 GO! STL SPONSORS FOR
THEIR GENEROUS SUPPORT.**

ALZHEIMERS CAREGIVER SUPPORT GROUP

We are excited to announce our partnership with the Alzheimer's Association. After some initial training, we will be a designated location for monthly caregiver support group meetings. Lisa Cunningham and Donna Wilkinson will Co-Facilitate this group. Look for dates and times for this group in the near future.



"There is no one like you, Lord, and there is no God but you, as we have heard with our own ears. 1 Chronicles 17:20

EXERCISE CLASSES

Join us any time, Fit & Fun class Tuesday mornings, 9am-10am and Yoga class Thursday evening, 6pm-7pm. If you would like to sign up for either class, please call Carolyn Crisler at 314-631-0304 x2060.

JOIN CMP FOR TRIVIA NIGHT

Christ Memorial Productions (CMP) is hosting *Oh What a Beautiful Morning* Trivia Night at Christ Memorial Lutheran Church, 5252 S. Lindbergh; Friday, April 12th. Doors open at 6:30pm, trivia starts at 7pm. For reservations: Tickets@cmpshows.org or 314-223-3163. \$20 Admission--Tables of 8--Cash prizes For more details go to: CMPSHOWS.org

ATTIC TREASURE SALE

Christ Memorial Women's Guild will have their Spring Attic Treasure sale April 10, 7:30am to 7pm, April 11, 7:30am-5pm, and April 12, 8:30am-11:30am. For questions or additional information, please call Jane Schmidt at 314-892-0653.

VACATION BIBLE SCHOOL

Christ Memorial Lutheran Church
June 10-14, 2019
Bring your children, grandchildren, friends and neighbors. Always a wonderful place to learn about Jesus

MARYVILLE UNIVERSITY PARTNERSHIP

Our REHAB participants have had the privilege of working with Maryville University Occupational Students. There has been balance class, home assessments, cognitive screenings, and we hope to see additional programs in the future.

IT'S TIME FOR BBQ

Join us Saturday, April 27, 11 am to 6 pm for delicious BBQ cooked by Christ Memorial Men's Club. Dinner or sandwich plates of pulled pork, pork steaks, bratwurst, chicken, pork ribs or hot dogs with sides of baked beans, cole slaw or potato salad. The Men's Club will be donating proceeds from the BBQ to CM Health Center. In addition to BBQ, there will be a bake sale hosted by the CMHC.

ADDITIONAL BBQ DATES

May 18	June 15
July 20	August 17
September 21	October 19



CHILD CARE SUMMER CAMP

There is still time to register a child or grandchild at the Christ Memorial Child Care Center (CMCCC) for summer camp. Call 314-631-0992 or visit www.cmchildcare.org for more info. CMCCC camp will have special activities including field trips, a soccer session, themed days and VBS at Christ Memorial Lutheran Church.

Christ Memorial Lutheran Church * Loved in Christ—Sent into the World

5252 South Lindbergh Campus STL MO 63126 * 314-631-0304

Traditional Worship

Saturday 5 PM

Sunday 7:45 & 9:00 AM

Contemporary Worship

Sunday 11:00 AM

Bible Classes/Connections

9:00 AM and 10:00 AM

Reliant Church (Crave Coffee House) 3500 Caroline Street STL MO 63104

Worship

10:30 AM

