

Youth of Yesterday

Threefold Ministries and the Skylark Retreat Centre Wed. Feb. 6, 2019 at 2 pm.



Since 2006, **Threefold Ministries** has been impacting lives in the small community of Los Medranos in Nicaragua. Through the ministry of the **Skylark Centre**, a Christian Retreat and Conference centre, many have been touched, or touched again by the love of God in Jesus Christ. **Wayne and Helen Hancock** have had the privilege of being a part of this ministry almost since its inception.

Wayne and Helen will share pictures and stories of this ministry that serves both local Christian churches and other ministries. This mission impacts the local community, through programs for children, expectant mothers and men seeking new skills. By arranging and hosting short term teams from the USA and Canada, they have given medical, dental and eye care, along with much needed pastoral care and Christian leadership training to Nicaraguans. They also assist with a host of community development projects. Wayne has served as Managing Director of Threefold Ministries since 2015. See on-line: threefold-ministries.org

How to Live a Healthy and Very Long Life! Wed. Mar. 6, 2019 at 2 PM



Rina Chua-Alamag is a recently retired registered dietitian with 28 years in nutrition and project management. She now presents ***Energy Makes It Happen! and Body Works for Scientists*** as a part of ***Scientists in Schools*** (a curriculum educating students in 4 specific disciplines — science, technology, engineering and mathematics — in an interdisciplinary and applied approach).

She will lead a discussion on what probiotics are and how they may improve one's health; and share lessons from the Blue Zones (nine regions across the globe that for various reasons abound in long-lived people). Come to learn **The Nine Principles of Longevity**. Refreshments will be served.

<< program continued on the other side >>

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Coffee/Tea, Cake and Games Wed. April 3, 2019 at 2 PM



After dessert, we will have opportunity to play some board games. Bring your favourite board or card game and be ready for challenging opponents. Game on!!!

Field Trip to The Brantford Public Library Wed. May 1, 2019 at 1:45 pm

We meet in the Hope CRC parking lot at 1:45 pm to car pool to the recently renovated **Main Branch of The Brantford Public Library** at 173 Colborne Street where at **2 pm** staff will teach us about many great resources that they offer to the community for free. At the end of the tour, the Library is treating us to coffee. See: <https://brantford.library.on.ca/> and select the **Cover to Cover Newsletter** to see the current guide to programs and services.



Come For A Perfect Picnic in a Private Park Wed. June 5, 2019 at Noon

Once again, **Joyce Bergsma** invites us to return to her park-like backyard at 7 Proctor Avenue for a luncheon. Please bring a salad or dessert. We will supply sandwiches, coffee and tea. The wonderful flowers and shade trees are a great delight. Times together like these are perfect to share accounts of God's grace in our lives.

Hope Christian Reformed Church and **Bethel Reformed Church** work together to provide Brantford and area adults age 55 and over fellowship, fun and spiritual encouragement. We collect a free-will offering (suggested donation \$3 per person) to help with program expenses (not in May and June this year). Coffee/tea and cookies are usually served. Most meetings are held in Fellowship Hall at Hope CRC, except this year in May and June.