

SENIORS

About eight years ago, a dear member of our church family decided something should be done for the seniors here at Mt. Sinai, and from that idea our group was founded. Since that time we were making our own plans and schedules. We entertained ourselves without professional direction.

Then about two years ago, a young man named Rev. Vernon Henry came to us. He introduced the Flexercise program, with the Fit For Life book as a guide. He was instrumental in putting the Golden Age Outreach Auxiliary's picture on his first Flexercise video tape. We do appreciate that.

We are being taught physically as well as spiritually the importance of keeping our bodies fit. We are also taught the correct combination of foods. The importance of fruit in the diet - when and how to eat it.

Under Rev. Henry's guidance we have study periods where we read certain chapters in the Fit For Life book. Then we discuss and elaborate on what we read. We have also been taught the meaning of detoxification, which is very important and necessary in the digestive system.

Rev Henry is a good exercise instructor as well as a capable spiritual leader. We in the Golden Age Outreach Auxiliary at Mt. Sinai do love and respect him. We never forget that the Lord above is our supreme being and in all we do, we consider him first. We go to him in prayer in all our meetings. Thank you Rev. Henry.

Ms. Freddie Shaw
President, Golden Age Outreach