

# St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

## "KEEPING IN TOUCH – July 2020"

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Are you looking for something to do from home? Join the **City of Cambridge 50+ Recreation "Wow Social teleconferencing calls"**. Upcoming topics include:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>July 2020</b> WOW Social			Canada Day. No program <small>Canada Day</small>	1 10:30 General Wow – Canada Day Discussion and Trivia	2 10:30 General Wow – Name that Tune	3 <small>Independence Day (US)</small>
5 10:30 General Wow – Table Topics - Weddings	6 1:30 – Educational WOW <b>Guest Speaker Janel Morphy – Music Therapy Explained</b>	7 10:30 General Wow – Common Factors	8 10:30 General Wow – Games we played as children	9 10:30 General Wow - Jeopardy	10 10:30 General Wow – Canadian Trivia	11
12 10:30 General Wow – Travelogue to the Netherlands	13 1:30 – Educational WOW <b>Guest Speaker Chris Allum – Protect Your Money</b>	14 10:30 General Wow – Comedy / Out of the mouth of babes	15 10:30 General Wow – Movie Chat	16 10:30 General Wow – Canadian Trivia	17 10:30 General Wow – Canadian Trivia	18
19 10:30 General Wow LOL, "Laughing out Lawed"	20 1:30 – Educational WOW <b>Culinary Corner with Suzi</b>	21 10:30 General Wow – Survey Says	22 10:30 General Wow – Random Topics	23 10:30 General Wow – Television, Comics, Novels Trivia	24 10:30 General Wow – Television, Comics, Novels Trivia	25 
26 10:30 General Wow – July IQ, trivia	27 1:30 – Special Music WOW – <b>With Stephen Miller</b>	28 10:30 General Wow – Let's reminisce	29 10:30 General Wow – Travelogue to Osaka, Japan	30 10:30 General Wow – Brain teasers	31 10:30 General Wow – Brain teasers	

Register for Wow calls by calling 519-623-1340. Have a friend you think would enjoy the program? Pass this info on - Wow calls are open to all older adults in Cambridge!

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### A Chat with ... LOIS WARD ROSENBERG by Susan Grenville

I just spent a pleasant afternoon with Lois Rosenberg. She is the longest-remaining St. Tom's parishioner, from the time our church was a Sunday School mission, sponsored by Trinity Anglican Church.

Lois Ward was born and raised in Galt, the youngest of 4 siblings. Her parents emigrated from England, and her father succeeded in opening his own bakery on Grand Avenue, near the old Bread Factory building. Lois attended St. Andrews School, then GCI, where her favourite subjects were science and geography. At age 11, she joined a group called the Sister Susie Club, who raised money to 'adopt' 96 Canadian sailors aboard the HMCS Galt. The girls did multiple projects including knitting, bake sales, and a tag day, to first purchase T-shirts for the sailors, and later to purchase a washing machine for the ship! After the war, the Sister Susies donated their leftover funds to the Galt Hospital. At age 16, she was invited to travel to California with a friend who was auditioning as an opera singer! Lois says they were in Glee Club together, but laughingly adds "but I couldn't sing!"

Growing up, Lois and her family were members of Trinity Anglican Church. As a teenager, she was asked to teach Sunday School at Trinity's mission — St. Thomas Mission, which in 1952 was consecrated as St. Thomas the Apostle Anglican Church. A friend of her mother's contacted the family to ask if they would join other English families at the new church, but the family stayed at Trinity.

After a year's course at a local business college, Lois secured a job in the office of the company presently called Babcock & Wilcox. After the death of her mother, she accompanied her father on a 6-month visit to her Mum's family in England. Upon her return to Galt, she was rehired at B&W, where she worked for a total of 13 years.

Lois met Ed Rosenberg through a youth group at Trinity when she was around 14 years old, but they did not start a relationship at that time. After she returned from England, he found an excuse to call her; he was working for a florist, and said he was calling to ask about a floral order her family had made. They married at Trinity in June 1956, and then started to attend St. Tom's. Ed fulfilled his passion for floral design at Cross Flowers in Galt. Lois stayed home to raise their three children — 2 daughters and a son — all of whom were Christened, confirmed and later married at St. Tom's. After 29 years, Ed left Cross Flowers, to work for Gmelin's in Preston. He passed away suddenly in 1985, at age 54. All 3 of their children had married in the year-and-a-half before Ed died. As a young widow, Lois needed a job. The daughter of Ed's employer at Gmelin offered her a job in their office, and Lois spent the rest of her pre-retirement years working for the Gmelin family. [She says that she used to take orders from a shop run by Sarita Fernandes, whom she later met at St. Tom's.]

Today, Lois lives in a pleasant apartment in a seniors residence in Galt. She enjoys a quiet life, and keeps in touch with her ACW friends by phone. At present, she is busy knitting much-requested slippers for a women's shelter. That sounds to me like her long-ago days, knitting for sailors through the Sister Susie Club!

**BIBLE TRIVIA → How well do you know the Bible?**



- 1) Different parts of the Bible were originally written in several different languages. Which one of these languages is not one of the originals?  
**a) \_\_ Greek      b) \_\_ Latin      c) \_\_ Hebrew      d) \_\_ Aramaic**
  
- 2) Which term is used to refer to the first five books of the Old Testament?  
**a) \_\_ Books of Moses    b) \_\_ Pentateuch    c) \_\_ Torah    d) \_\_ all of the above**
  
- 3) Who is generally considered to have written the book of Acts?  
**a) \_\_ Matthew      b) \_\_ Mark      c) \_\_ Luke      d) \_\_ none of the above**
  
- 4) The books in the following lists contain portions of the history of the people of Israel. Which list is in the proper chronological sequence?  
**a) \_ Genesis, Daniel, 1 Samuel, Nehemiah  
b) \_ Numbers, Joshua, 2 Kings, Ruth  
c) \_ Exodus, 2 Samuel, 1 Kings, Ezra  
d) \_ 1 Chronicles, 2 Chronicles, Judges, Esther**
  
- 5) In which book do we read about the statue with the “feet of clay”, the “fiery furnace” and the “handwriting on the wall”?  
**a) \_\_ Daniel      b) \_\_ Exodus      c) \_\_ Matthew      d) \_\_ Revelation**
  
- 6) The book of Deuteronomy consists primarily of a long speech to the people of Israel. Who gave the speech?  
**a) \_\_ Abraham    b) \_\_ Moses    c) \_\_ David    d) \_\_ Paul**

*(the answers are on next page.... don't peek!)*

**Favourite Recipes?**



Do you have a favourite recipe that you'd like to share with us? Please email it to [jmkathybrown@gmail.com](mailto:jmkathybrown@gmail.com) and we will try to include it in one of our future issues. If you don't have email, please phone Kathy at (519) 624-6451 and we will arrange to pick up a printed copy from you when we drop off your next "Keeping In Touch" activity booklet.

*(answers)*

BIBLE TRIVIA:

1(b)    2(d)    3(c)    4(c)    5(a)    6(b)

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## Sit down and Get Fit!

By Jessica Hegg

*(always check with your doctor before starting new exercises)*

Chair exercises improve strength, cardiovascular health, and flexibility—all while having a good time! Chair exercises may be the holy grail of fitness for seniors. They allow older adults who otherwise would not be able to exercise consistently to improve their strength, cardiovascular fitness, and mobility—without the high risk of injury present during traditional exercise routines. Seated exercises are gentler on the joints and will reduce pain, not add to it. Seniors can expect the same benefits from seated exercise that they would from standing exercise, and chair exercises can be a lifesaver for someone recovering from surgery or an injury. All you need is a sturdy chair and a desire to become stronger and healthier!

### Pick out the best chair!

The ideal chair will have a straight back and will be stable. Please, no wheels. Leave the rolling chairs in the office. You'll want something with a comfortable cushion, but not a deep armchair you'll disappear into. A sturdy kitchen chair is a good option.

Here are 2 exercises to start with. We will add a few more each month:

### Warm Up Exercises

#### 1. Neck Stretch

Sit up straight, and slowly tilt your head toward your right shoulder until you feel a stretch. Hold this position, and slowly extend your left arm down and to the side. You should feel a stretch on the left side of your neck. Release, and then repeat on the other side. Perform two to five repetitions per side. This stretch will warm up your neck and prepare you for arm exercises.

#### 2. Shoulder Circles

Seated, place your fingertips on your shoulders. Circle your shoulders forward for fifteen repetitions. Reverse the movement, and circle backward for fifteen repetitions. This exercise will warm up your shoulder muscles and reduce the risk of strain.

We'll add "arm exercises" next month.



## Bible Word Search: PROPHETS

E Z Z H N P I H H I Y Y U H K  
Z L E A J S C Y Q X D R D K U  
O I P I O O A R Z Q Q Q U K Z  
J B H M N Z T W N N R P Y W O  
E S A E A L U N O O Q C N A Q  
S L N R H H A R O B E D G Z I  
U A I E N I A G G A H D F Y G  
S A A J E A M R F D H A I M O  
H G H M A A B F B I X N B G Y  
P O U W P H H A I A S I E C Q  
U T K J O E L I S H A E W V R  
W H K L C Z E T N Y A L S O O  
W N O J I U Y S A O H E L O F  
U J P N U W D I H S R O C X M  
L N Y Q Y I W X E V C L Y K W

JESUS	ABRAHAM	BARNABAS
DEBORAH	NOAH	AMOS
ENOCH	GIDEON	HAGGAI
ISAIAH	JOEL	ELIJAH
MOSES	OBADIAH	ZEPHANIAH
JEREMIAH	DANIEL	AARON
AZARIAH	ELISHA	JONAH

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### Joke of the Month

An old man and an old woman were sitting talking.

He said, "We've been married a long time and you have been tried and true."

There was a pause, and she replied, "Yes, we have been married a long time, and I'm tired of you, too." 