



The Respite Ministry at FUMC Presents
FALL LINE-UP

RESPITE ON THE MOVE

We all need a break from our thoughts and routines. The Respite team has planned a fall full of connection in all ways possible. We hope you will join us when you can! Ideas include:

Monthly Pavilion Connections-

Oak Park located behind Jackson Hospital has several different pavilions with drive up parking, bathrooms, and power so we can have a fan and a PA system. Our time together will include class discussion, stretching, music, and art. These sessions will be designed for small groups.

Monthly Theme Parades-

- August | Dog Days of Summer (bring your pooch on a leash)
- September | Tailgate Parade (wear your colors)
- October | Halloween Parade (wear your favorite costume)
- November | Grateful Parade (bring what you are most thankful for)
- December | Respite's very own Christmas Parade

Bi-Monthly NEW Zoom Activity

- Ideas include topic bingo, group discussion, and group direction on activity pack mailed that week

Bi-Monthly ZOOM Side by Side Choir

- Fun sing a long from song books that anyone can join

Weekly Food Deliveries from Chef Theda

- Delivered safely by Respite friendly volunteers

Weekly Care Partners Support Group Zoom Call

- 11:00am-12:00pm every Thursday care partners anyone can join

Activity Packs

- Packs mailed throughout the month including brain joggers, discussion points and puzzles

Scheduled Home Visits

- Trained volunteer teams make porch visits full of fellowship, engagement and laughter