



Winter/Spring 2021

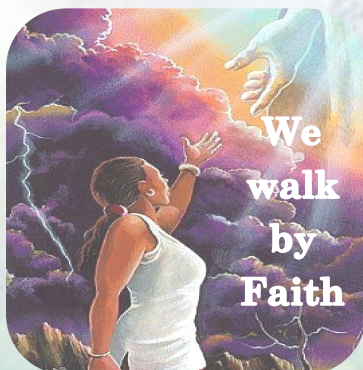
Saving Our Seniors

**WINTER
WARRIORS**

This Pandemic has not stopped 24 faithful and committed Tabernacle Baptist Church Seniors and friends from continuing our already established exercise program. We thank God for ZOOM that has carried us through this past year as navigated by our faithful Host, Brenda Dantlzer-Mitchell. Our personal trainer, Audrey Whittington, who so graciously volunteered to do chair aerobics for us when we were inside the church, continues to keep us on track every Thursday at 10 am on ZOOM. We have even recorded some of her sessions on YOUTUBE to refer to if she misses a week or we want to do more exercising. It has been so very important during this extended time of confinement and quarantine that we keep moving and exercising our bodies especially at an age when it is easier to be a couch potato and watch TV. But we stand on our scripture, and with the support and

encouragement of the SOS members, we have a need to keep moving through exercise that keeps us young, physically and emotionally fit and ready to continue to serve the Lord in the purpose that He has for each of us. We come together in prayer and always happy to see the faces of our members that keeps us up to date with what is happening in our lives. We make sure everyone is kept current with announcements regarding COVID and the vaccinations that are now available. We are a hot line of information to be sure that no one misses out on anything pertaining to what may be pertinent. God has been so good to all of us and we are so grateful for those who have continued with us. Thursdays can't come fast enough so we can fellowship together, have fun and keep physically fit. SOS, and those who are involved, are the movers and shakers!!!

Deaconess Angie Moffitt



Our Theme

Philippians 4:13

**"I can do all things through
Christ who strengthens
Me"!!!**

SOS Testimonies

THE IMPACT OF SOS STRONG DURING COVID19

Just about one year ago to this day, the world as we know it changed. Suddenly every time I went into a store, I felt compelled to cover my face with a scarf because masks for some reason disappeared from store shelves. Fear really set in Feb 8th because the first American died from this mysterious disease in Wuhan, China. Finally, this disease had been given a name Corona Virus Disease 2019, abbreviated COVID-19.

My last live church service was March 8th and suddenly Livestream is the new normal and a new phrase had been born into our vocabulary "Social Distancing".

Every Tuesday and Thursday I would go to TBC and walk the halls and exercise, thanks to COVID that is gone! What's a girl to do? With the genius vision of the SOS Strong Team, we could exercise thru something called ZOOM! Who knew? I never heard of Zoom but I quickly learned and signed up for the experience in order for my family to stay connected. SOS Strong was looking for a way to stay connected and God Bless Audrey Whittington who agreed to work with us on Thursdays! I offered my family account to SOS and a new chapter was born for this ministry. I met a lot of these ladies while walking the halls of TBC, but thru quarantine we have become a family that I dearly love. Sadly, death touched the group and my family during this mayhem but with prayer we all get through the obstacles of life. We sign on each week before the session begins in order for the ladies to have time to fellowship with each other.

Audrey and her mom are such a joy to see each Thursday. If we are not able to keep up with

the routine, we just follow "Mom" and receive the same results.

So here we are one year later, still in masks, social distancing, exercising from home and getting vaccinated for this awful virus. No matter what obstacle comes our way I look forward to SOS Strong every week to brighten my day for one hour at a time. We lean on our scripture, Phil 4:13, **I can do all things through Christ who strengthens me.**

Brenda Dantzler-Mitchell



Audrey Whittington
Our Certified Instructor

THE IMPACT OF SOS STRONG DURING COVID¹⁹

All praise and glory to our Lord and Savior, Jesus Christ! In March 2020, I retired from my job after working over 45 years. My plans included pursuing activities that would allow me to do various things including travelling and getting out and about with my church family, friends, and the community. As we all know, COVID 19 changed everything – for everybody.

It was a little depressing at first because we were all advised to social distance and stay home. Other than walking around the development, I was left not knowing what to do with myself. I was recently diagnosed with Type II Diabetes, so I felt like I had to do something active for my health and my mood. Being completely sedentary was not an option.

Exercise increases endorphins which elevate your mood and helps you to manage Diabetes. It is especially important for Seniors so that we can feel better and stay as youthful as possible. When I heard about the online SOS (Save Our Seniors) Exercise class, I thought I would give it a try. Now, along with watching what I eat and continuing to walk whenever possible, the SOS class has helped reduce my A1C (glycated hemoglobin) from 7 to 6.5, thus far. (I hope it continues to go down!)

All I can say is “Thank You Jesus!” The SOS Exercise Class has been a God send! I am thankful to the TBC SOS Ministry. Special thanks to Brenda Dantzler-Mitchell, Angie Moffitt and of course our illustrious instructor, Audrey Whittington for their time, dedication, support, and commitment in leading us and providing this wonderful outlet and fellowship.

Aurie Haithcox



I enjoyed being active as a child and the enthusiasm never wavered. As a young woman, I worked out in many gyms. After retirement I enjoyed working out with Tara Morton and the Tabernacle Baptist Church (TBC) early morning fitness group. While my heart was truly into the strenuous workouts, my body said no.

We all know that the Lord answers prayers. Hence, the Saving Our Seniors Program (SOS) was introduced at TBC. It was truly the answer to a prayer. We have an opportunity to work out with our group. The fellowship is invaluable. We are nourished spiritually and physically. I can't omit education. We are given valuable information to assist us with our daily lives. What a well rounded program.

There are days that I may not feel up to exercising but Audrey Whittington is an excellent motivator and instructor. I am also thankful for the ladies whose vision is responsible for this program, Angie Moffitt, Julia Hamlet and Jeanne Richardson. They are great motivators as well. After exercising, you have a feeling of euphoria and it leaves you excited about the remainder of your day. I am forever grateful and look forward to the continuation of this wonderful program.

Evangeline B. Lilly

THE IMPACT OF SOS STRONG DURING COVID19

During the beginning of the pandemic, like others I was having anxiety issues. I would feel congested and got scared. I wouldn't discuss it with anyone. I just prayed to God every night to please let me see another day. Being a part of SOS took away the anxiety and depression for a while. I got the exercise that my body needed and I got to communicate with some of my TBC family. I thank God for our time together. It helps me stay focused on God and His many promises to keep me and never forsake me. I pray that God will keep each of us in perfect peace and good health.

Gladys Stewart

I spend most of my time sitting at a desk. Since I became eligible for Medicare, I have noticed my body was steadily turning from muscle to jelly. Joining the S.O.S. has encouraged me to get up and get fit.

Since the pandemic, I miss our walks around the church and weekly exercise. My body is showing the difference. I refuse to go back to lazy days again. Therefore, for the last few months, I have been walking the malls to get my goal of 8,000 steps a day in (I'm not an outside walker). On days when I am too busy or don't have the get up and go, my conscience, Gladys, would say, "Are we walking today?" So far, we have walked the Deptford Mall, Moorestown Mall, Quakerbridge Mall, Neshaminy Mall, Oxford Valley Mall, Franklin Mills, Montgomeryville Mall, and Plymouth Meeting Mall. Soon to conquer the King of Prussia Mall and the new mall in North Jersey. I love driving to them and experiencing different window shopping. All are welcome to join us. Just give me a call. During inclement weather I try to do the YouTube Walking class recommended by Audrey. I also try to do the SOS YouTube class, when my schedule allows it.

Thanks to the TBC SOS team, I am encouraged to keep keeping on.

Beverly Jackson

SOS Strong has been a blessing to me. I am grateful to Angie Moffitt, Julia Hamlett, and Jeannie Richardson for their planning, getting the approval and doing the logistics needed to implement this fitness session.

I am appreciative to Audrey Whittington for being our exercise guru. How fitting that we can exercise in our homes during this pandemic!

Who knew when we were walking in the Church that we would have to rely on technology to continue exercising?

Speaking of technology, we truly thank Brenda Dantzer-Mitchell for being our ZOOM Host!!!

We also fellowship, pray, and encourage each other. Our scripture is:

"I can do all things through Christ which strengthens me." Philippians 4:13

Ruthie Brito



THE IMPACT OF SOS STRONG DURING COVID19

Just writing to let you know how much I look forward to meeting with the SOS Group on Thursdays. I also enjoy the great comradeship among us, and love doing the exercises with Audrey. Although exercising at home is convenient, I look forward to hopefully one day we will once again be able to meet at the church facility for SOS.

Be blessed, Leonor Williams

I am very, very thankful for the SOS exercise program. I am thankful to have Deaconess Moffitt, Sisters Brenda and Audrey for their time in accommodating this program, for us members who have joined the program. I wish it could be twice a week! I feel so exhilarated when the exercise is completed. So, I say I am truly appreciative for this wonderful program that has been provided. I look forward to the program every week.

Yours in Christ, Sister Mary Dixon

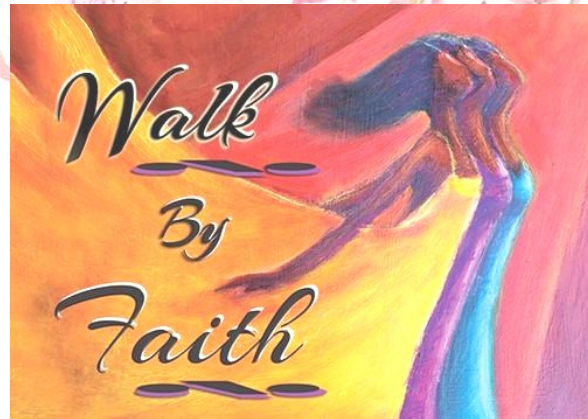
Proud to be a member of SOS, taking care of our bodies the way God would want us to do. Keep moving as much as possible!

With God's help, we will keep "pick'em" up and "putt'em" down!!

Julia Hamlett

The Joy of the Lord is my strength. I thank God for my spiritual and physical connection through SOS exercises. This has given me so much fun and enjoyment as I build a healthy body. I am just so grateful and thankful for our teacher Audrey. God is good!

Sally Hatcher



WOW!!! what can I say?..... SOS has been a God sent blessing.

Although there are numerous exercise classes and numerous varieties available on YouTube and elsewhere on TV channels especially on cable, SOS brings something that they cannot and do not offer. SOS offers communality, companionship, and love for one another. The familiarity that we once shared when the church building was opened but interrupted, due to COVID-19, is now shared through our zoom exercise class. SOS offers a God filled certified exercise guru in the person of Audrey Whittington. We are blessed to have SOS.

Yeta Markham-Phillips



National Senior Health & Fitness Day®
28th Annual Event
Wednesday, May 26, 2021

**Rev. Dr
Cory L. Jones
Senior Pastor**

**Our
Coordinators**

Deac. Angie Moffitt
Sis. Jeanne Richardson
Sis. Julia Hamlett
Min. Linda Moreira
Sis. Audrey Whittington
Certified Fitness Instructor

Our Winter Schedule

Chair Aerobics
Thursdays at 10:00 am

To my fellow SOS Team mates,

The year 2020 was rough for me especially after the death of my son, Gary. I have tried not to get too depressed by staying on my knees in prayer. Things are now getting better. But best of all, with sincere appreciation, we want to thank you for all the prayers, calls and cards of concerns. Please continue to pray for us as we heal and move forward.

Gratefully yours,

Betty Gregory

The Importance of Exercise and Staying Active

As we age, it's important to exercise & stay active. The lack of physical activity is one of the leading causes of death. A sedentary lifestyle can lead to heart disease, obesity & other health issues & conditions, which can lead to premature death. Along with eating healthy, being physically active particularly for Seniors has many benefits. Exercise is good medicine!

Here are 10 benefits:

- 1.Prevent or Delay the impact of a Disease - Heart disease, stroke, diabetes, high blood pressure, high cholesterol, arthritis and some cancers
- 2.Improves Immune Function (especially during COVID-19!)
- 3.Reduces the risk of Falls
- 4.Improves Mental Health - anxiety & depression (especially during a pandemic!)
- 5.Reduces the risk of Dementia
- 6.Maintain/reduce Weight or Body Fat
- 7.Build & maintain healthy muscles, bones, joints & increase flexibility
- 8.Better quality of Sleep
- 9.Stay Independent

Social Engagement - TBC SOS & Congregational Fitness classes on Zoom, walk with friends outdoors (masks & social distance of course)

Remember, Exercise is good for the Body, Mind & Spirit. Make exercise a priority. Don't wait until Thursday mornings to workout, make Exercise a daily habit!

Check out Curtis Adams - "A New Way to Move" for Seniors on YouTube

God Bless & Keep it Moving!!

Sister Audrey Whittington
Certified Fitness Instructor