

CHRISTIAN CITY

Your
partyline
connection!
January 2026, Senior Living Newsletter



Christmas Star Run Brings Shining Light

Christian City kicked off the Christmas season with an amazing evening for our Christmas Star Run and Tree Lighting last month! We welcomed over 100 run participants as well as youth and house parents from our Children's Village and Thrive Programs. Also joining us were many of our senior residents who braved the cold and enjoyed hot chocolate and cookies during our annual tree lighting ceremony. There were pictures with Santa, the Chick-fil-A cow, and the beautiful Coca Cola Christmas Truck. The drumline from Martin Luther King High School's marching band got the crowd fired up for the run. And the Academic Pizza Truck and S'mores Fire Pit were a big hit!

Thanks to our sponsors and run participants, we were able to raise close to \$60,000 to benefit the Christian City Children & Family Programs. These funds are so important to continue our mission of serving those children who are struggling through no fault of their own. Our programs continue to lift children and up and help break cycles of poverty, neglect and abuse.



Everyone stayed toasty warm around the S'mores fire pit.



Resident Theresa Neequaye placed first in the age 60+ age group.



Union City Mayor Vince Williams joined in the fun.



The Chick-fil-A cow kept the crowd entertained and got the participants ready for the run.



Of course, Santa brought holiday cheer and lots of smiles to the guests.



Members of the South Fulton Running Club were decked out in fun holiday apparel and having a ball.



And the winner is... Patricia Evans who lives at John Sparks Manor! Residents who registered for our Christmas Star Run were entered into a drawing, with the lucky winner getting \$200 toward their monthly rent or maintenance fee. Congrats to Patricia!

There are lots more great photos at:
christiancity.pixieset.com/2025-christmasstarrunandtreelighting/.
Feel free to download and share them!



COLORFUL RELAXATION



Begin the New Year with some creative self-care! Two Sparrows' resident artist Michelle Huff invites you to join her at the Rec Center for a complimentary coloring workshop. Sessions are offered January 20 from 10 a.m. until noon and January 22 from 4:30-7:00 p.m. Michelle will lead the sessions and supply everything you need, including a variety of crayons, colored pencils, and sharpies and twenty different coloring pages.

Did you know coloring is good for you? Here's how it helps:

- Concentrating on colors and staying within lines helps quiet mental chatter and brings focus to the present moment, similar to meditation.
- Research shows coloring complex patterns lowers anxiety and amygdala activity (fear center).
- Choosing colors can express feelings, and the process allows for safe emotional expression, especially for those uncomfortable with traditional art.
- Improves hand-eye coordination, dexterity, and grip, beneficial for seniors and general motor skill maintenance.
- Offers a non-judgmental, accessible way to be creative, making it perfect for non-artists.

If you'd like to attend, please RSVP to Hope Johnson Summers (404-461-8481 | Urhopeful@yahoo.com) or Michelle Huff (678-591-1422 | [email eamacguire@hotmail.com](mailto:eamacguire@hotmail.com)). Please leave a message with your name, desired class date, and your phone number.



Coloring Workshop

Tuesday

Jan 20

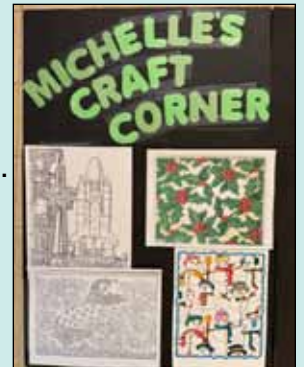
and/or

Thursday

Jan 22

Complimentary.
No fee.

**RSVP
required**



BE WELL IN 2026

Did you know that 93% of adults age 65 and older live with at least one chronic condition, and 79% manage two or more?

The top 10 most common chronic conditions affecting adults 65+ include hypertension, arthritis, high cholesterol, heart disease, diabetes, cancer, chronic kidney disease, COPD, depression, and Alzheimer's/dementia. Alongside these, many older adults manage multiple conditions like hearing loss, obesity, and osteoporosis, impacting their quality of life and independence.

You might be wondering if there's anything you can do to help prevent the onset of a chronic condition—or make managing an existing one easier. The answer is yes.

Christian City offers three Chronic Disease Self-Management Education programs designed to help you take charge of your health: Geri-Fit, Enhance Wellness, and the Chronic Disease Self-Management Program. Call Tyler Garcia (770-703-2730 or tgarcia@christiancity.org) to get more information or to enroll in one of these programs today - and take charge of your health.

Meet Crossroads' Home Licensing Supervisor

Chakita Maye knows a little something about the adoption process. She has six adopted children in her own family!



At Christian City, Chakita is the Home Licensing Supervisor at Crossroads Foster Care and Adoption Program. Her job is to help families through the adoption process, a process she knows intimately.

The mother of three biological boys opened their home to foster kids, eventually fostering a sibling group of six! The kids were with Chakita for five years before it became official. "I had them for five years total prior to adopting. The 4 year old came to me straight from the hospital," she said.

Adopting a child can be a long and complicated process fraught with ups and downs. Chakita's efforts to adopt all six children into her family required two separate adoption days! The adoptions of the older five kids were finalized in March 2023 while the baby boy's adoption was realized in November 2024. Christian City is blessed to have staff like Chakita who have a real heart for their work!



GRACELAND Thrift Store at Christian City

Thank you for a wonderful year.

We look forward to serving you all in 2026. Graceland will be closed New Year's Day. We will reopen Friday, Jan 2 at noon.

HOURS

WED, THURS, SAT

10:00 AM - 3:00 PM

FRI

12:00 - 6:00 PM

DONATION HOURS

WED - SAT

10:00 AM - 2:00 PM

Need help around the house?



Volunteers will be on campus for MLK Day.

Contact Elizabeth to get on the schedule
emansour@christiancity.org
or
678-466-1093





January 2026

Sunday	Monday	Tuesday	Wednesday
28	29	30	31
4 2:30 Campus-Wide Worship Service, <i>SI Auditorium</i>	5 10:00 Line Dancing 10:00 Bible Study, <i>Mt. Carmel Chapel</i> 11:15 Bocce 1:30 Geri-Fit	6 10:00 Bible Study * 10:30-3:00 Epik Nacho Food Tent, <i>WC Parking Lot</i> 1:00 Tai Chi 2:00 Silver Sneakers 4:00 LMM Bible Study *	7 9:30 Women's Bible Study, <i>RC</i> 11:00 Bible Study * 12:00 Men's Pool Group 1:30 Geri-Fit 2:00 Swinging Old Dudes * 2:30 Bingo 3:30 Rummikub
11 2:30 Campus-Wide Worship Service, <i>SI Auditorium</i>	12 10:00 Line Dancing 10:00 Bible Study, <i>Mt. Carmel Chapel</i> 11:15 Bocce 1:30 Geri-Fit	13 10:00 Bible Study * 10:30-3:00 Epik Nacho Food Tent, <i>WC Parking Lot</i> 1:00 Tai Chi 2:00 Silver Sneakers 4:00 LMM Bible Study *	14 11:00 Bible Study * 12:00 Men's Pool Group 1:30 Geri-Fit 2:00 Swinging Old Dudes * 2:30 Bingo 3:30 Rummikub
18 2:30 Campus-Wide Worship Service, <i>SI Auditorium</i>	19 MLK JR. DAY MLK Day of Service - Contact Elizabeth Mansour for details	20 CFA Ckn Biscuit Preorders: \$3.5 - 770-703-2730 10:00 Bible Study * 10:30-12:30 Drawing/Coloring Class 10:30-3:00 Epik Nacho Food Tent, <i>WC Parking Lot</i> 1:00 Tai Chi 2:00 Silver Sneakers 4:00 LMM Bible Study *	21 9:00 CFA Ckn Biscuit pickups, <i>WC Lobby</i> 9:30 Women's Bible Study, <i>RC</i> 11:00 Bible Study * 12:00 Men's Pool Group 1:30 Geri-Fit 2:00 Swinging Old Dudes * 2:30 Bingo 3:30 Rummikub
25 2:30 Campus-Wide Worship Service, <i>SI Auditorium</i>	26 10:00 Line Dancing 10:00 Bible Study, <i>Mt. Carmel Chapel</i> 11:15 Bocce 1:30 Geri-Fit	27 10:00 Bible Study * 10:30-3:00 Epik Nacho Food Tent, <i>WC Parking Lot</i> 1:00 Tai Chi 1:00 Resident Council, <i>WC Chapel</i> 2:00 Silver Sneakers 4:00 LMM Bible Study *	28 11:00 Bible Study * 12:00 Men's Pool Group 1:30 Geri-Fit 2:00 Swinging Old Dudes * 2:30 Bingo 3:30 Rummikub

- All programs are at the Recreation Center unless otherwise noted.
- Is there a program you want to see?! Contact Tyler at 770-703-2730 or tgarcia@chirstiancity.org with your suggestions and requests.

Thursday	Friday	Saturday
1 NEW YEAR'S DAY No Programs 4:00 Catholic Service, Mt. Carmel Chapel	2 12:00 Line Dancing 1:30 Geri-Cardio 2:00 Slater Jackson, <i>SI Aud.</i> 2:30 Pool Group	3
8 10:00 Tech Thursdays * 1:00 Tai Chi 2:00 Silver Sneakers	9 12:00 Line Dancing 1:30 Geri-Cardio 2:00 Slater Jackson, <i>SI Aud.</i> 2:30 Pool Group	10
15 10:00 Tech Thursdays * 1:00 Tai Chi 2:00 Silver Sneakers	16 12:00 Line Dancing 1:30 Geri-Cardio 2:00 Slater Jackson, <i>SI Aud.</i> 2:30 Pool Group 5:00 Monthly Birthday Party Potluck	17
22 10:00 Tech Thursdays * 1:00 Tai Chi 2:00 Silver Sneakers 4:30 - 7:00 Drawing/ Coloring Class	23 12:00 Line Dancing 1:30 Geri-Cardio 2:00 Slater Jackson, <i>SI Aud.</i> 2:30 Pool Group	24
29 10:00 Tech Thursdays * 1:00 Tai Chi 2:00 Silver Sneakers	30 12:00 Line Dancing 1:30 Geri-Cardio 2:00 Slater Jackson, <i>SI Aud.</i> 2:30 Pool Group	31

*** TUESDAY & WEDNESDAY-**
Bible Study is in the
Mt. Carmel Chapel

*** TUESDAYS:**
LMM Bible Study
is in the LMM
Community Room.

*** WEDNESDAYS:**
2:30 - Swinging Old
Dudes is in the *SI*
Auditorium

*** THURSDAYS:**
Sign up by calling
770-703-2730 for
1:1 help with any
technology product.

**Contact Campus
Patrol for emergency
maintenance requests
when office is closed.**

LEGEND:
HV - Harper Valley;
DC - Dogwood Circle;
AP - Autumn Place;
HA - Hilltop Acres;
LMM - Larry Moore
Manor;
JSM - John Sparks
Manor;
GT - Garden Terrace;
GMM - Gene Miller
Manor

Annual Christmas Luncheons for Senior Residents

A grand time was had by all as the Christian City staff joyfully served residents a Christmas feast!



MLK
DAY OF SERVICE
CHRISTIAN CITY

Join us for a day of working together to make Christian City an even better place to be.

Monday, January 19

Call or email Elizabeth Mansour to volunteer. The more the merrier!

Emansour@christiancity.org

678-466-1093



PHILANTHROPY corner

A Community of Generosity

In 2025, Christian City employees and residents donated Easter and Halloween candy to the Children's Village, toiletries and other supplies to our Thrive residents, BINGO prizes for Tyler's weekly games, back to school supplies, wrote numerous letters of encouragement to the youth in our programs and the residents living in the Skilled Nursing facility, volunteered hundreds of hours across campus and gave over \$37,000 in cash gifts to benefit the mission that is Christian City. Wow! What a way to say, "Count Me In!"



A big thank you to everyone who contributed Christmas lights to decorate our beautiful campus as well as granola bars and snacks for our Christmas Star Run participants.

Mark Your 2026 Calendars!

On Monday, February 2 we will kick off our annual Count Me In (CMI) resident and employee fundraising campaign. Residents and employees can redeem their CMI chips at the kick-off for a chance to win two-nights' hotel stay at Callaway Gardens and other prizes. So, gather up all your CMI chips and watch for more details about the kick-off party coming soon.

In 2026, the CMI campaign will benefit a project for our senior residents. If you have an idea for our 2026 Count Me In project, please let Lissa or Tyler hear from you. You can also place suggestions in the Count Me In donation box located in the Welcome Center lobby. In the past, projects included: completing outdoor benches and tables around campus, noise reduction panels in the Rec Center, and supplementing Tyler's senior programming budget. We really want it to be a meaningful project, so please provide your input!

"Count Me In" is not just a slogan. It is a way to show that we at Christian City care about each other, the community and Christian City's mission. We want Count Me In to become the way of life here at Christian City. As we begin a new year, let us resolve to be active, productive members of our community and someone who says, "Count Me In!"

If you have any questions about the CMI campaign, contact Lissa Rand at 770-703-2614.

Volunteer of the Month: Sande Sledd



Sande has been volunteering at Christian City for nearly five years. The majority of her time is spent at Graceland Thrift Store when she gives her time in the jewelry and shoe departments. If you have purchased some shiny shoes, Sandee has been the miracle behind them. Not all of Sandee's efforts to support Graceland are at the store. She often takes jewelry home to untangle, sort, and match up in her free time. Sandee is an active, supportive and caring member of our community: she attends almost every party or Christian City-hosted event. She always offers a smiling face to welcome and enjoy time with others. Christian City is appreciative of all Sandee so graciously does for Graceland Thrift Store and the Christian City community as a whole.



The Chaplain's Office



Rest, Renewal, and God's New Beginnings

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?" — Isaiah 43:18-19

As winter settles in with its quiet beauty, creation enters a season of rest. The trees stand bare, the air grows still, and the earth pauses beneath a blanket of cold. This natural stillness mirrors the spiritual rhythm God designed—reminding us that **rest is part of His plan**, and renewal often begins in quiet places. The transition into a new calendar year naturally invites us to **reflect** on the months behind us. We give thanks for God's faithfulness through trials and triumphs, for the blessings He provided, and for the moments shared with family, friends, and community. Winter reminds us that even in cold and stillness, **God is near**, working beneath the surface to prepare us for new growth in due time.

Just as nature rests each winter, we too experience seasons where God calls us to slow down, reflect, and refocus. These rhythms are woven into creation as spiritual truths: **Rest precedes renewal, Stillness fosters clarity, Reflection prepares us for new beginnings and God works even when we cannot see Him.** *"Be still and know that I am God."* — Psalm 46:10. Winter teaches us that a season of quiet is not a season of absence. It is a holy reminder that God prepares new life where our eyes see none. As the new year unfolds, our hearts turn toward hope, vision, and renewal. We lay down the failures and hardships

of the past and lift our eyes toward what God is forming ahead. The promise of Scripture assures us: *"The steadfast love of the Lord never ceases... His mercies are new every morning."* — Lamentations 3:22-23

Every new year brings the gift of fresh mercy, new opportunities, and God-given purpose. Winter naturally brings people closer—around warm meals, shared stories, laughter, and rest. These moments of connection with loved ones are gifts that nourish the soul. God created us for community and to support one another, pray together, and celebrate His goodness side by side. As we step into the new year, may we make intentional space for meaningful moments with family, deepened friendships, serving and strengthening our community and encouraging one another in the faith. *"Encourage one another and build each other up."* — 1 Thessalonians 5:11

Winter whispers a simple but powerful truth: **God makes all things new.** As you enter this new year, may you embrace the rest of the season, the lessons of the past year, and the hope of God's unfolding future. May His peace steady your heart, His presence guides you, and His promises renew you day by day.

Grace and Peace in the New Year,
Chaplain Paul

Paul Kinney, Chaplain, may be reached at 770-703-2670 or pskinney@christiancity.org



WANTED:



VOLUNTEERS TO BRING LOVE & CHEER TO OTHER RESIDENTS

Do you have a gift for visiting others? Could you help residents get to Sunday Services? The Chaplain's office needs YOU!