



Wednesday, October 9, 2019 | TrinityAltoona.com | Facebook.com/TrinityAltoona

Editor: Tom Settle thepulse@TrinityAltoona.com

Worship With Us: Saturdays 6:30PM, Sundays 8:15AM & 10:45AM

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HEALTHY BODY + HEALTHY MIND = HEALTHY YOU

Trinity Altoona's Healthy You Program not only offers the opportunity to exercise your body, they also have special events that allow you to exercise your mind!



Trinity's own Sandy Ebersole (seen above), a long-time hospice nurse, recently presented "Caring for Your Loved Ones", which focused on what it takes to be a caregiver. There will be a follow-up discussion later this year, along with sessions on prescription/over-the-counter drugs and funeral planning. All sessions will be held on Friday mornings...stay tuned to *The Pulse*, Facebook and TrinityAltoona.com for all the details.



Along with exercising the mind, Healthy You also gives the body a workout! St. Andrews preschool kids are once again joining the Healthy You exercise group. According to Linda Hoover, "we love having them, they keep us moving."

Healthy You meets in Trinity Hall Tuesdays and Fridays at 10AM. For more information, please call Linda at 944-0906.

WELCOME TO OCTOBER

Summer's over, colorful leaves and cooler days are on the way. It's time to "Fall O' My Faith" at Trinity Altoona!



The next installment of the **Sunderman Memorial Concert Series** is coming to Trinity Altoona this Sunday October 13 at 3PM.

Classical guitarist William Feasley will be performing "Echoes of Goya" live in our sanctuary. Funding for the concert is being provided by the Dr. William Sunderman Endowment, so there is no charge for admission. Sunderman is a deceased member of Trinity Lutheran Church.

Light refreshments will be served after the concert. You can read more about William at his website, williamfeasley.com.

Trinity Altoona's annual **Family Fall Banquet** is coming up Sunday October 27, featuring a traditional turkey dinner with all the trimmings.

Ticket prices are \$8 for persons 13+ and \$5 for children ages 6-12. Children age 5 and under eat for free. Tickets are available at the church office.

Trinity's Family Fall Banquet is a wonderful opportunity to get together with your Trinity family to share faith, food and fellowship. The banquet will start around noon, following the 10:45AM worship service. See you there!

Trinity's **Treats from Trunks** returns this Halloween, Thursday October 31 from 6-8PM.

Anyone interested in handing out treats is asked to be at the church by 5:45PM to set up. Feel free to wear a costume and decorate your vehicle.

Treat donations can be dropped off at Trinity Hall the last 2 weeks of October. Money donations are also welcomed...please mark your envelope "Treats from Trunks."

For more information, contact Nancy Honecker at 515-2369.

Our **regular weekly activities** include the Sewing Group (Mondays 10AM-2PM), Adult Bible Study (Tuesdays 9-10AM, Wednesdays 7-8PM), the Healthy You Program (Tuesdays and Fridays 10AM), the Crochet Group (Tuesdays 6PM) and the Prayer Breakfast (Thursdays 9AM).

Winter, Spring, Summer, Fall. Faith, fun and fellowship are always in season at Trinity Altoona :)

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INTRODUCING THE PULSE ARCHIVES

Did you miss or accidentally delete a back issue of *The Pulse*? We are now making each issue available as a .PDF file to read online and/or download from our website.

Just visit <http://www.trinityaltoona.com/the-pulse-e-newsletter/> and look for the Archives section.

If you have family and friends who would like to receive *The Pulse*, they can sign up (yes, it's free!) on our [website](#) or via our [Facebook page](#).

HELP WANTED!

We want to make **The Pulse** bigger and better than ever before...but we can't do it without you!

Please email your articles and photos (including who, what and where info for each photo) to thepulse@trinityaltoona.com. Please include your phone number in case we have any questions. Thanks!



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