

# Joyful Promises for Seniors

Psalm 16:11

2 Corinthians 1:20-22 says, "For no matter how many promises God has made, they are 'Yes' in Christ. And so, through Him the 'Amen' is spoken by us to the glory of God. Now it is God who makes both us and you stand firm in Christ. He anointed us, set His seal of ownership on us, and put His Spirit in our hearts as a deposit, guaranteeing what is to come."

Is it possible to trust Him in all matters? Are His promises enough to make it through each situation in our lives? We each have burdens that can consume our thoughts and overwhelm us. Our families, the world, and the body of Christ are all broken. But God! Because we have a risen Savior, we can walk in victory, thankfulness, and joy even in the midst of confusion and pain.

Our God is an *awesome* God! His desire is for us to walk with Him in strength, power, and peace, knowing that He will guide us in all matters. His promises are sure. His Word is life to our spirit, soul, and body. How can we not praise Him and entrust our lives and those we love to the One who sees and understands us in our weaknesses?

Our theme for this year is "Joyful Promises for Seniors" with Psalm 16:11 as our core verse: "You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand." Please join us as we seek to find greater assurance, confidently declaring that His promises are our "Yes" and "Amen."

**NORTH HEIGHTS**  
1700 West Highway 96, Arden Hills, MN 55112  
**NorthHeights.Church**



## YOUNG AT HEART

SPRING 2026



**Spirit-filled seniors (50+)  
who meet weekly for  
friendship, food, Bible study,  
and entertainment!**

**NORTH HEIGHTS**

**Find faith.  
Discover purpose.  
Live eternal significance.**



## MORNING SCHEDULE

- 10am** Coffee & Fellowship
- 10:30am** Welcome & Worship
- 11am** Teaching/Activity  
Prayer ministry available
- 12pm** Lunch



**In case of severe weather, please call:**  
North Heights Reception • (651) 797-7880

**For bus trip info, please call:**  
Sherrie Blatzheim • (763) 783-8640

## SPRING 2026 SCHEDULE

A time of fellowship & lunch (\$8) every Thursday at Arden Hills.

### Feb 5, 10:30am • Great Hall

Bible Study: *God's Promises Through Creation* -  
Jessy Gudipati

### Feb 12, 10:30am • Great Hall

Valentine's Day Entertainment: *"Valentine's  
Sweet Memories* - Jerry & Ginger Dallin

### Feb 19, 10:30am • Great Hall

Bible Study & Communion: *God Promises Jesus,  
Our Shepherd* - Pastor TJ Anderson

### Feb 26, 10:30am • Fireside (Chapel Overflow)

Bingo, Lunch, and Cards (after lunch)

### March 5, 10:30am • Great Hall

Bible Study: *God Promises the Holy Spirit, Our  
Advocate* - Pastor TJ Anderson

### 1pm • Chapel

Movie: *David* (from the Sight & Sound Theater  
in Branson, MO)

### March 12, 10:30am • Great Hall

Entertainment: *Irish Tales & Other Blarney* -  
Pati Kachel

### March 19, 10:30am • Great Hall

Bible Study & Communion: *God Promises  
Eternal Life* - Jason DeShaw

### March 26, 10:30am • Fireside (Chapel Overflow)

Bingo, Lunch, and Cards (after lunch)

### April 2, No Young at Heart – Maundy Thursday

### April 9, 10:30am • Great Hall

Bible Study: *God Promises Help During Sorrow* -  
David Melander

### 1pm • Chapel

Speaker: *Scams (Fraud/ID Theft)*  
Ramsey County Sheriff's Department

### April 16, 10:30am • Great Hall

Entertainment: *Arthur's Eclectic Ensemble* -  
Mike Scherb & His Men's Sextet

### April 23, 10:30am • Great Hall

Bible Study & Communion: *God Promises Inner  
Healing* - Todd Marshall

### April 30, 10:30am • Fireside (Chapel Overflow)

Bingo, Lunch, and Cards (after lunch)

### May 6 - 8, Bus Trip (meet at Door B)

Tulip Festival, Pella, IA | Preregister and prepay

### May 7, No Young at Heart

### May 14, 10:30am • Great Hall

Bible Study: *God Promises Wisdom* - Linda Morken

### May 21, 10:30am • Great Hall

Bible Study & Communion: *God Promises Jesus,  
the Bright Morning Star* - Kai Thoni

### May 28, 10:30am • Fireside (Chapel Overflow)

Bingo, Lunch, and Cards (after lunch)

### June 4, Bus Trip (meet at Door B)

Stillwater River Boat Cruise  
Preregister and prepay

### June 11, 10:30am • Great Hall

Bible Study & Communion: *God Promises His  
Helping Presence in Relationships* - Tasse Swanson

### June 18, \*11:30am\* • Great Hall

Entertainment & Picnic: *Spring Sweet Memories:*  
NMUC Ukulele Choir and Sing-Along - North Metro  
Ukulele Choir (no preregistration necessary)

**We are ending 1 week early  
due to a scheduling conflict**