

Seniors Sipping Tea

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Oklahoma Family Empowerment Center (OFEC) Spirit Seniors enjoy an afternoon of sipping tea.

Oklahoma Family Empowerment Center's Spirit Seniors group is active and enjoying life. One of their most recent gathering was for a time of sipping tea. Some of the women came dressed for the occasion wearing hats and gloves. Perfect attire for sipping tea. However, even without hats or gloves everyone in attendance enjoyed the event. Each

person experienced the delectable aroma and sips of various teas, tea cakes, finger sandwiches, desserts and most of all the great fellowship.

This activity and others are coordinated by Alice Rippe, a retired school Psychologist who came to OFEC through the American Association of Retired Persons (AARP) program. She plans their special events, field trips, art and craft activities, and arranges for speakers on subjects of interest. Most importantly, she guides the group in life-giving fun and play. While the idea of fun and play can prolong life in everybody, it is particularly true for seniors. After all, in later years, many of us become more prone to issues that can affect our health and happiness. This is one of the many reasons why this group looks forward to their gathering each week.



The NBA incubates new ministries, supporting social entrepreneurs of faith who are serving their communities in a variety of innovative ways and empowering these Disciples-led health and social service projects to focus on growth, impact, and sustainability. Learn more at nbacares.org/incubate