



Catholic Charities  
Diocese of Charlotte

37<sup>th</sup> ANNUAL

# Spring Fling

**Tuesday, May 6, 2025**  
**St. Matthew Catholic Church**

8015 BALLANTYNE COMMONS PKWY  
CHARLOTTE, NC 28277

9:15 a.m. — Check-In (Coffee & Snacks)

10:00 a.m. - 2:50 p.m. — Program

3:00 p.m. — Closing Mass

*Music led by Our Lady of Consolation  
Perpetual Gospel Choir*

**\$17 per person** (includes lunch)

Checks payable to Catholic Charities

**To register, send your name, address,  
phone number, parish affiliation,  
and payment to:**

Attn: Sandra Breakfield  
Program Director Elder Ministry  
Catholic Charities Diocese of Charlotte  
1123 S. Church Street  
Charlotte, NC 28203-4003

**Deadline for Registration: Monday, April 14**  
**Space is limited.**

For more information, contact:  
Sandra Breakfield at 704-370-3220  
or email sandrab@ccdoc.org

**Activities to choose from  
throughout the day include:**

- Chick-fil-A Stonecrest Spinning Wheel
- Bingo – Knights of Columbus
- Fun & Fit Chair Exercise  
*led by Laurel Hamber Cardinali*
- Line Dancing  
*led by Laurel Hamber Cardinali*
- What Women Need to Know  
about Social Security  
*presented by Lisa Wallace, Public Affairs Specialist  
with Social Security Administration*
- What to Do Before, During and After a Disaster  
*presented by Steve Nason, American Red Cross*
- Navigating Senior Living Options  
*presented by Deb Scholl, CarePatrol*
- Making Downsizing a Bit EASIER!  
*presented by Margie Devendorf*
- Hands Only CPR  
*presented by Maryanne White, RN*
- Healthy Living for Your Brain and Body  
*presented by Coury O'Donoghue,  
Alzheimer's Association*
- Crafts  
*led by Diane Scheid, Busy Hands  
Crafty Group, Levine Senior Center*
- Plus More

**Musical  
performance by  
Italian Tenor  
Giovanni  
Grimaudo**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parish: \_\_\_\_\_ Registration Included: \_\_\_\_\_