



Adult Activity Center

A Senior Adult Ministry

FIRST PRESBYTERIAN CHURCH OF FT. LAUDERDALE

Where smiles
are made of
sunshine and
eyes are bright
as stars.

The Adult Activity Center offers weekly fellowship, entertainment, education, activities, fun and support for the senior adults of our church and community.

"It is days like today that make us feel like we can live forever." (quote from a regular AAC attendee)

PROGRAMS

11:15 am Each Thursday
12:15 pm Lunch (RSVP please!)
Our lunches are delicious and plentiful. Take-out meals are offered on availability. We always have an alternative meal of fish. Please let Tricia know by Tuesday if you would like this option. Thank You!

THURSDAY, APRIL 6

Laughter is the Best Medicine

Everyone knows "Laughter is the Best Medicine for Whatever Ails You". You will smile, chuckle, and have some belly laughs watching the Boca Pointe "Clowns on Call" perform their "Happy Days Are Here Again" show. These groups of Volunteer Senior Adult Clowns have appeared at numerous organizations and they are excited to be joining us. There will be a special treat for all who attend. Chef Kevin is serving Beef Stew.

THURSDAY, APRIL 13

No AAC today, Maundy Thursday Service
Join us for our Maundy Thursday Worship Service at 7:30pm with Communion and Dramatization of DaVinci's "The Last Supper" in the Sanctuary.

THURSDAY, APRIL 20

Mary Kay Wagner: *Who You Are Makes a Difference*

Mary Kay has a message for you, a message to inspire you to know "who you are makes a difference".
Chef Kevin is serving Eggplant Parmesan.

THURSDAY, APRIL 27

Bob Crosby, Storytelling, Jokes and FUN

Bob Crosby, who you know as our Ballroom Dancing instructor, is also a retired high school teacher who wrote, *It Happened in School*. He is joining us to share a few stories from his book as well as some jokes, poems and maybe even a song or two for a fun time. Bob is a wonderful entertainer and storyteller so get ready for a fabulous day!
Chef Kevin is serving American Shepherd Pie.

A Note from Tricia:

As I write this note we are in the season of Lent. God has been teaching me to "Be still", spending more time with Him in prayer. It sure is hard to be still but I am learning how much He has to say to me during this time. God reminded me during one of my quiet times with Him that He did not send his son, Jesus Christ, as a king but as a humble servant who rode into town on a donkey. I don't know about you but this fact comforts me so. We have a God so full of patience and compassion and I want to shout praises to Him. I love Easter- He is Risen, He is Risen indeed!

Tricia

WEEKLY THURSDAY ACTIVITIES

Morning 10:30 am

Blood Pressure Screening (Lobby)

Humane Society "Guests", John and Elvis

Morning Stretch with Marianne Dougherty

Afternoon all start at 1:15 pm

Movie Time (Chapel-in-the-Sky) All Thursdays (see weekly newsletter for movie being shown)

Rotation Activities (St. Andrew's Room)

Line Dancing: April 6 and May 11

Lori is a wonderful instructor and will teach you all you need to know. Also, she will now offer "chair line dancing" for those that would like to sit and dance.

Wii Bowling: April 20 and May 25

Verse of the month

*For You have been a stronghold for the poor,
a stronghold for the needy person in his distress,
a refuge from the rain, a shade from the heat.*

~ Isaiah 25:4a

Tricia Young, Director • 954-598-9344 • TriciaY@FirstPres.cc

A ministry of First Presbyterian Church

401 SE 15th Avenue, Fort Lauderdale, FL 33301 • www.firstpres.cc

PROGRAMS *continued*

THURSDAY, MAY 4

Fleet Week with Lyn Baldwin

We will have sailors join us as we are entertained by singer Lyn Baldwin. Wear your patriotic attire; red, white and blue.

Thank you DeWitt Parsons and Tony Penfold for sponsoring this day for us.

Chef Kevin is serving Chicken Marsala.

THURSDAY, MAY 11

Music by Eric Werse

Come join us as Eric plays his guitar and sings for us all his and your favorites. If you have been on the Jungle Queen cruise in the last 30 years you may recognize him when he comes.

Chef Kevin is serving Lasagna.

THURSDAY, MAY 18

Bingo with Nic Merchant

The AAC year wouldn't be complete without a day with Nic, Bingo, Trivia, Fun and prizes!

Chef Kevin is serving Meatloaf.

THURSDAY, MAY 25

Happyland Day School, End of School Year Performance

The kids are getting ready for their big performance for their parents and they are excited to have a dress rehearsal for you first.

Chef Kevin is serving Chicken Francaise.

TRIPS *Call the AAC office for pricing and details.*

4/4: Join us as we visit Sawgrass Recreational Park for an Airboat Ride through the Everglades. Our tour guide will explain all that there is to know about the Everglades and its habitants. We will then enjoy a homemade Italian Lunch in Weston Town Center at the family owned Tarantella Ristorante.

8/19: 8pm, *Memories of Elvis* show at the Parker Playhouse with Chris MacDonald. Please let Tricia know if you would be interested in going as a group to this show.

AAC REGULARS AT A GLANCE!

This Month we are highlighting: **Barbara Brow**



Barbara likes to say she grew up in a Funeral Home since her family owned one. It was there that she spent a lot of time when she was growing up in Boston, MA. She also loved working for the Boston Globe for 35 years as her career. Barbara likes to stay busy and loves being around people. She calls herself a "people person" which is one of the reasons why she loves AAC and the chance to meet new people every week. She likes sitting at different tables for that reason or you will see her friendly smile passing out desserts on the serving line. Barbara is a survivor of 2 brain tumors

and feels very blessed to be alive and active today. She gets by with the help of a visor which protects her from the light sensitivity she acquired since having the tumors. She married a widower with 4 children and she now has been a widower for 9 years. She loves to walk every day for 1 hour and swim in the pool. She has been a full time resident of Florida for over 10 years now. We are so happy Barbara is a part of our AAC family with her infectious positive attitude.

ANNOUNCEMENTS

Let's Get Strong

Thursdays after lunch

from 1:15pm to 2pm starting April 6

The book of Ephesians was a

letter written by the Apostle Paul to the citizens of Ephesus. The letter was written while he was imprisoned in Rome. The purpose of the letter was to strengthen the faith of believers.

Join Elaine Tatum for a study of this amazing letter from Paul. "Let's get strong" in our Faith together. Please let Tricia know if you are interested.

Enhance Fitness YMCA

Exercise Program for Seniors!

Come join us on M, W & F from 10 am to 11 am in the St. Andrew's Room. If you are looking to improve your heart health, muscle strength, flexibility and balance then you should come to this wonderful class. It is appropriate for a variety of physical abilities.

First Time Guests

If you bring a guest who lives locally, they will receive a voucher to come back a second time for a complimentary meal on us.

Sponsor a Program

Did you know that you can be a Super Senior for the day? You can by sponsoring a whole program or part of a program this AAC year. You will be recognized on "your Thursday" or remain anonymous. Perks include Premium Table seating, first in line lunch priority and recognition throughout the day. A big thanks to all of our sponsors because you help us keep the quality of our programs high!



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