



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!)

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, DECEMBER 7

History of Carols with Mary Helen Merchant and Robin McEachern

Come and learn the "how and why" both our secular and religious Christmas music came to us. Our Minister of Music, Robin McEachern, will play the songs and our Bible Scholar, Mary Helen Merchant, will educate us. This will be a fun day of learning, listening and singing together. Chef Kevin is serving Sliced Ham with Peach Compote.

THURSDAY, DECEMBER 14

The Mummers in December

What is a Mummer you ask? Strictly speaking, a Mummer is a masked or costumed entertainer, and the Broward County Mummers fill the bill when it comes to costumes. Come join us to see this entertaining string band as they put a Christmas twist to their normal show! Thank you to our Super Senior Sponsors for this program - Barbara Brow, Gloria and Bob DelGaudio and Sissy Lindsey. Chef Kevin is serving Chicken Piccata.

THURSDAY, DECEMBER 21

Happy 100th Birthday Celebration for Oleta Krause with singer, Don Stansfield

Don will play for us all Oleta's favorite songs (which will be your favorites too!) as we celebrate her 100th birthday. Oleta has been active and/or on the Board of AAC years since its start over 30 years ago and we can't wait to honor her as she becomes a centurion. (See more about this amazing Centurion in the "AAC Regular at a Glance" write up) Chef Kevin is serving Chicken Chow Mein.

THURSDAYS DECEMBER 28 AND JANUARY 4

No AAC, Merry Christmas and Happy New Year!

A Note from Tricia:

My "Word" for this Christmas Season is Light! As our verse of the month says, Jesus promises that we will not walk in darkness if we follow him but will have the Light of Life. When I look back on my life and the times that seemed pretty dark, I could honestly feel God's light helping me through them. One of those times was when I went through my divorce over 10 years ago. The light was flickering but I am now blessed to say that I am whole through God's grace and have been able to help others going through separation or divorce through the divorcecare.org ministry. The basis of what we want to give to these hurting individuals is that with God's love and light you can be whole again and His love is sufficient for you. He can provide all your needs and with His Light you will never walk in darkness. Since my husband Ronnie and I have been in the ministry, we have seen over 30 people change from a broken person to having God's love and light transform them to the men and women He wants them to be. I pray every day that you see and feel God's light even in what you feel is your most darkest times and come out on the other side understanding even more how much your loving Savior cares for you.

Blessings, Smiles and Hugs, *Tricia*

ANNOUNCEMENTS

AARP Driver Safety Course

Mark your calendars for **Thursday, November 30 and Thursday, December 7** from 1:15 to 4:15 in room NC-200. This is a 6-hour course so you must come both days. Did you know that you get a discount on your insurance if you take this class? Call today to sign up and reserve your spot.

Enhance Fitness YMCA Exercise Program for Seniors!

Come join us on M, W & F from 10am to 11am in the St. Andrews 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.

1st Time Guests

If you bring a guest who lives locally, they will receive a voucher to come back a 2nd time for a complimentary meal on us. Thank you for telling your friends about AAC!

Sponsor a Program

Did you know that you could 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 our sponsors because you help us keep the quality of our programs high!

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

A ministry of First Presbyterian Church

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PROGRAMS *continued*

THURSDAY, JANUARY 11

Presidents and their First Ladies, dramatically speaking

A dramatic portrayal of William and Nellie Taft by William and Sue Wills who have been touring the U.S for the past 22 years. William Taft was the 27th president and many believe he was the "nicest man" to hold the office of Presidency. Chef Kevin is serving BBQ Chicken Thighs.

THURSDAY, JANUARY 18

Marc and Rio Frost and their daughters

This beautiful and talented family are excited to perform for us this year and sing for us all the Broadway tunes that we love.

Chef Kevin will serving Swedish Meatballs with Egg Noodles.

THURSDAY, JANUARY 25

Adam's Road Piano Live: Journey through the Gospel

We are extremely blessed to have the very talented pianist, Matt Wilder perform for us. To hear a sneak peek of his music visit, <https://www.adamsroadministy.com/piano>. Chef Kevin is serving Chicken Parmesan.

WEEKLY THURSDAY ACTIVITIES

Morning 10:30 am

Blood Pressure Screening with Michelle from Comfort Nurse Care and the Parkinsons (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)

Wii Bowling: December 14 and January 18

TRIPS

Call the AAC office for pricing and details.

TUESDAY, DECEMBER 12: Christmas at Bok Tower Gardens, Lake Wales, FL

We will enjoy the beautiful gardens while hearing the Carillon Concert, tour the beautifully decorated Pinewood Estate and enjoy lunch at the delicious Blue Palmetto Café. As an added bonus, we will stop at the Grove House, to learn how Florida's Natural Brand orange juice is squeezed in the heart of Central Florida.

Special Bonus Trip: SATURDAY, DECEMBER 2
2pm Matinee Showing of *The Christmas Pageant* at First Baptist Church Fort Lauderdale, FL

TUESDAY, JANUARY 16: The Frost Museum of Science in Miami and lunch at Perricone's

Join us as we visit The Phillip and Patricia Frost Museum of Science located in Downtown Miami's Waterfront Park and is the leading science museum dedicated to sharing the power of science. We will see the museum exhibits, explore the aquarium, enjoy live science demonstrations and experience the Frost Planetarium show. Prior to the museum visit we will enjoy a beautiful lunch at the beautiful Italian restaurant in the heart of Downtown Miami, Perricone's Restaurant. Perricones is unique because it's not just a restaurant and gourmet market - it's a destination!

More details on these trips coming soon!

FEBRUARY 13: Shark Valley,

Everglades National Park

MARCH 7: Stage Door Theatre,

Imagine: A Beatles'

Retrospective, Coral Springs, FL

APRIL 10: AH-TAH-THI-KI Museum,
Big Cypress Seminole Indian
Reservation, Clewiston, FL

Verse of the month

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." ~ John 8:12

AAC REGULARS AT A GLANCE!



This Month we are highlighting: **Oleta Krause**

I can't believe that Oleta is going to be 100 on Christmas Day. She can't believe it either and says that it "boggles her mind". Her mind is the reason that I can't believe that she is going to be 100. She is so sharp and so fun to talk with about so many subjects. For instance, when I was just at her house for this interview, we talked about how the Miami Hurricanes are doing so well in football this year. She says on

Saturdays she will not go down to the dining room to eat because she is too busy watching college football. When asked about her most memorable decades she says that it was when her two children were born in the 30s and 40s. Oleta was raised in St. Charles, MI and moved to Fort Lauderdale, FL in 1970 to be close to her children that had moved down here. She became a member of First Pres soon after and has been a member here for over 45 years. She has loved serving at AAC and remembers when the ticket to AAC was just \$2.50. Her husband loved to make a big deal of her birthday on Christmas Day and when people asked about her birthday being on that day, he would say, "Guess what her maiden name is? Holliday!" And it really was! She looks forward to starting her celebration with us this year at AAC and then on December 25th in the afternoon. You won't see Oleta every week at AAC as she says she is slowing down just a bit but she is always with us in spirit! We love you Oleta and thank you for your service to AAC all these years.

BOARD OF DIRECTORS:

Sissy Lindsey, *Chair*; Kyra Battle, Frances Holman, Ethel Huggard, Oleta Krause, Doreen Lalumiere, Peggy McKeown, Ruth Pierce, Susie Quinby, George Schipper, Anita Terraneo, Susie Williams

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