



# 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, FEBRUARY 2

#### Chris MacDonald: Tribute to Elvis

Come join us for this special treat of a show. Reservations are a must for this exciting day. Thank you Eleanor Oberle and Bob Pinto for sponsoring this program. Chef Kevin is serving Lasagna.

### THURSDAY, FEBRUARY 9

#### Valentine's Day Celebration with Mikki and Bob Crosby

Bob and Mikki will dance for us with their special guests. Learn and watch the waltz, tango, fox trot, swing, disco, merengue, rumba, cha cha and mambo. We will also dance the Electric Slide, Hokey Pokey as well as having the opportunity to dance with each other, the Crosby's and their guests. We will have a fun day celebrating love, friendships, music and dancing. Chef Kevin is serving Chicken Parmesan.

### THURSDAY, FEBRUARY 16

#### John Laviviere, young singer of the "old school"

John will perform for us his Broadway Show. He will sing all your favorites such as "Almost Like Being in Love", "Luck Be a Lady Tonight" and "If I Loved You". Chef Kevin is serving Pot Roast.

### THURSDAY, FEBRUARY 23

#### Gold Coast Banjo Band

Back by popular demand, the Banjo Band is excited to come perform for us their "Happy Sound". We will also celebrate Mardi Gras so wear your green, purple and gold. Thank you Nancy and Don Stone for sponsoring this program. Chef Kevin is serving Roast Pork Loin.

## A Note from Tricia:

In our house, we believe in Santa Claus. The boys asked us about it a couple of years ago and our answer to them was "If you believe in Santa he will come". This was what my parents said to me and Santa came to my house up until I moved out and had my own place after college. This year, Winn was asking lots of questions about his Santa presents trying to see if I would admit that it was me. Finally, just the other day, several weeks after Christmas, it came up again and I said to him, "Winn, if you don't believe, you don't receive". I have been reflecting on this night and my response to him. This is like our faith in God. We believe in God so that we can receive his grace, mercy, love, peace, joy and of course everlasting life. So Christmas in a lot of ways can last all year long, believing so that you can receive!

Blessings, Smiles and Hugs, *Tricia*

## TRIPS

Call the AAC office for pricing and details.

**2/14:** A Valentine's Day Luncheon Cruise from Stuart, FL to Jupiter, FL on the sleek Island Princess

**3/14:** Lion Country Safari and the Polo Museum in Wellington, FL

**4/4:** Airboat Ride of the Everglades and lunch in Weston, FL

## 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)

**Wii Bowling:** February 23 and March 23

**Line Dancing:** February 9 and March 9

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.

**Verse of the month:** *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. ~ Romans 15:13*

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A ministry of First Presbyterian Church

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## PROGRAMS *continued*

### THURSDAY, MARCH 2

#### **Susan Ashley, accomplished singer, dancer and songwriter**

Susan was scheduled to kick AAC off on October 6, but because of Hurricane Matthew we had to reschedule to this week. She is excited to finally come and sing for you.

Chef Kevin is serving Beef Stroganoff.

### THURSDAY, MARCH 9

#### **Square Dancing with Jack Lewis**

We are excited to have with us world renowned Square Dancing Caller, Jack Lewis and guests all the way from Boynton Beach. They will be performing their Square Dancing routines for us and we will also have the chance to join them.

Chef Kevin is serving Stuffed Chicken Breast.

### THURSDAY, MARCH 16

#### **St. Patrick's Day Celebration with Don Stansfield**

Don will sing for us all your Irish favorites as well as songs from Brigadoon and Finian's Rainbow. Remember to wear your green!

Chef Kevin is serving a Corned Beef and Cabbage.

### THURSDAY, MARCH 23

#### **Tom Swick, veteran travel writer**

Tom will join us to review his new book, *The Joys of Travel: And Stories That Illuminate Them*. It explores, through essays and stories, what he considers the seven fundamental pleasures of travel, starting with anticipation and ending with heightened appreciation of home.

Chef Kevin is serving Roast Turkey Breast.

### THURSDAY, MARCH 30

#### **Harmonica Group from Covenant Village**

This group consisting of about 12 members will perform for us their show that is sure to entertain and astound. They encourage audience participation and guarantee all to have a good time. Chef Kevin is serving Chicken Cutlet.

## ANNOUNCEMENTS

### **Upcoming Tax Preparation: March 16 and 23:**

*2<sup>nd</sup> floor Neumann Center, Room NC-200*

AARP Foundation Tax-Aide Program certified volunteer counselors are looking forward to again assisting you with your Federal Tax return preparation and transmittal. AARP volunteers will prepare your taxes (within the scope of the AARP's charter) and transmit the Form 1040 Federal Return for 2016. The volunteers will handle Schedules A, B, C-EZ and D with reasonable amounts of Capital gains and losses. The volunteers will also answer certain tax questions you may have. Please call for your 45 minute appt. Appointments are from 1:15 to 3pm on both days.

### **The 44<sup>th</sup> Annual Kirk Singer Musical**

This year the Kirk Singers will present *Thoroughly Modern Millie*. It will be performed the weekend of March 9-March 12. There are two dinner shows and two theatre-style performances. Both my boys are in the musical this year and I hope that you can come and support them as well as all the high school kids. *Please let me know if you are interested in tickets. I will also be selling them on Thursdays in February at AAC.*

### **Save the Date: First Presbyterian Church**

**Women's Annual Spring Luncheon:** Friday, March 31, 11:30am at the Lauderdale Yacht Club.

### **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!

## AAC REGULARS AT A GLANCE!

### **This Month we are highlighting: Robert and Gloria DelGaudio**



Robert and Gloria DelGaudio moved from Tappan, NY to Pompano Beach, FL two years ago. Robert worked for the New York City Department of Sanitation for 45 years. Gloria was an assistant controller to a manufacturing company for 22 years. They have two children. One daughter is a sous chef in an assisted living facility in Naples, FL. Their son resides with his wife in Davie, FL. He is employed as a manager in Boca Raton, FL. They have one daughter who is 13 years old and they are enjoying grandparenting a teenager. Gloria's hobbies are reading and sitting on the beach.

Robert enjoys watching sports and walking. Since his favorite team the NY Giants aren't going to be in the Superbowl, he is now rooting for the Atlanta Falcons! Robert and Gloria are childhood sweethearts and met when they were 16 years old. One of their childhood friends was Marie Dreissigmyer who told them about AAC. Gloria and Robert celebrated their 50th wedding anniversary with a two week trip to Italy with their children. You will find Robert and Gloria here every Thursday and on the Trips. They also love going to the movies after lunch. AAC wouldn't be the same without their enthusiastic presence!

## **BOARD OF DIRECTORS:**

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