



# 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, OCTOBER 5

#### Welcome Back Celebration with pianist, Gail Smith

Did you know that October is International Stamp Collecting Month? Stamp collecting is the Universal hobby while Music is the Universal Language. This special musical program includes a variety of piano music by some of the great composers that have been pictured on stamps. Large poster replicas of stamps will be on display from composers such as Bach, Mozart, Gershwin, Clara Schumann, Rodgers & Hammerstein, Martin Luther and other interesting theme stamps. **Chef Kevin is serving Pork Medallions with Fall Vegetables.**

### THURSDAY, OCTOBER 12

#### Ed Eli - One man band

Ed is a one man band who is a vocalist/lead guitar player. He will play for us music from the late 50s, 60s and a few songs from the 70s with Music Videos to go along with the music. **Chef Kevin is serving Chicken Piccata.**

### THURSDAY, OCTOBER 19

#### Breast Cancer Awareness Day with Dr. Nicholas Tranakas, Surgical Oncologist

Come to a listen and learn event from a doctor with over 30 years' experience in surgical oncology. Wear your pink on this special day as we honor and remember our friends and family that have suffered from any kind of cancer. **Chef Kevin is serving Eggplant Parmesan with sausage and sweet Italian Sauce.**

### THURSDAY, OCTOBER 26

#### Celebrate Halloween with Master Scientist Gina Goldsmith

You may be in store for a "Trick or Treat" during this program of *Science, Science, Fun, Fun, Fun!* Gina, the Science teacher at Happyland Day School will share with us her spooky science experiments with the Happyland School Scientists assisting. Come dressed in your Halloween costume and/or favorite Halloween shirt. **Chef Kevin is serving Baked Lasagna.**

## A Note from Tricia:

I am so blessed to have a window in my office that overlooks the beautiful Colee Hammock Park. It is usually so lush and green with a blue river running behind it but this week after Hurricane Irma it is a mess. All I can see are brown limbs, leaves and big branches ripped from the trees. I am comforted in knowing that the city workers will be by soon to clean everything up and the beautiful park will be back to its normal self. It is funny how a storm can make you stop and appreciate all the things in life that are taken for granted...beautiful trees, grass, electricity, internet, water, gas and even the safety of family and friends to name a few. Thank you Irma for clarifying this for me, and for also allowing me to confirm where my treasures lie: in heaven. You will not be missed but in some ways I thank you for stopping by to bring a peace to my heart for all that I am grateful for in my life such as the beauty of a park. I hope you all have had a wonderful summer and are ready for some AAC Fun and Fellowship, I know that I sure am!

Blessings, Smiles and Hugs, *Tricia*

## TRIPS

Call the AAC office for pricing and details.

### TUESDAY, NOVEMBER 14

#### A Day in Delray Beach, FL-Land and Water

We will start off the day shopping on Atlantic Ave. and then we will board the Lady Atlantic from Delray Yacht Cruises for a two-hour sightseeing cruise and lunch.

### 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

#### More details on these trips coming soon!

**JANUARY 16:** Frost Museum of Science, Miami, FL

**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

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, NOVEMBER 2

#### Rediscover the Magic of Christmas

Do you ever feel like the commercialism of Christmas has overshadowed the simple joys of the season? Join us as author Jill Hardie shares how people of all ages have rediscovered the beauty of Christmas through a simple tradition her family started called The Sparkle Box. Jill will share her journey from the birth of the tradition, through her God-inspired calling to write a story to share the tradition with the world. The Sparkle Box, an award-winning picture book for people of all ages, will be available for discounted purchase. **Chef Kevin will serve Chicken Marsala.**

### THURSDAY, NOVEMBER 9

#### "Freedom Still Rings" A Veteran's Day Program

Michael Facciani is joining us from Iowa to perform for us his show, "Freedom Still Rings". This special Veteran's Day program features and highlights our appreciation for our country and for our fallen heroes and veterans both living and deceased. A singer for over 37 years, his voice has often been compared to Robert Goulet. Wear your Red, White and Blue.

**Chef Kevin is serving Beef Bourguignon.**

### THURSDAY, NOVEMBER 16

#### Carving Healthy Holidays with Savvy Senior, Anne Goldberg

Anne will share with us her mind-body-spirit approach to getting through the holidays while maintaining physical and emotional health. Whether with family or alone, this is a recipe for joy and well being that urges us towards happy, healthy and meaningful celebrations.

**Chef Kevin is serving a Traditional Thanksgiving Dinner.**

### THURSDAY, NOVEMBER 23

**No AAC, Happy Thanksgiving!**

### THURSDAY, NOVEMBER 30

#### The Miamians, a Men's Barbershop Chorus

All these men love to sing in the Barbershop Quartet style of A-Cappella 4-part harmony. Many of the songs that they will sing became popular in the 30's, 40's and 50's along with current popular music. Their instruments are their voices! The richness of the vocally produced 4-note musical chords they sing is their gift to us.

**Chef Kevin is serving a Beef Stroganoff.**

## ANNOUNCEMENTS

### Medicare Made Clear

Thursdays October 5 and 12 in Room NC-200 on the second floor of the Neumann Center at 1:15pm. If you are approaching 65 years or have already made it, John Ripley will present to us an education on Medicare. John holds many certifications in the Insurance industry and can answer your questions.

### Facebook

Are you on Facebook? I have created an Adult Activity Center Group to stay connected and a way for me to communicate with you. You can search for the group by typing "Adult Activity Center (AAC) of Fort Lauderdale" and then click on the "Join" button.

### Science with Gina!

Join us for this NEW afternoon activity starting in November! Join Gina, the master scientist at Happyland Day School. Happyland Scientists will be assisting Gina and excited to share their Science Discoveries with you. Sign up for Science...Feel the excitement!!

### AARP Driver Safety Course

Mark your calendars for Thursday, November 30 and Thursday, December 7th from 1:15 to 4:15 in room NC-200. This is a 6 hours 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.

## 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:** October 19 and November 16

**NEW! Science Creations with Gina:**

(Room NC-200) November 9

## Verse of the month

*My grace is sufficient for you, for my power is made perfect in weakness. ~ 2 Corinthians 12:9*

## AAC REGULARS AT A GLANCE!



### This Month we are highlighting: **Betty Smith**

We are so blessed to have the very talented and creative Betty as part of our AAC Volunteer Team. Betty creates our beautiful centerpieces every week for us. Betty was born in New York City but moved to Fort Lauderdale 44 years ago and still lives in the same home. She was married in the chapel here at First Pres 42 years ago. Her husband passed away about 5 years ago after taking care of him for many years.

Betty loves to talk about her very smart son who graduated as Valedictorian from Saint Thomas Aquinas High School and with Honors from Stanford University. He currently lives in CA. She says she comes from a long line of Florists in her family and her brother was even a flower consultant to Martha Stewart. We are so blessed to have Betty as part of our AAC family. She once said to me, "I am so happy that I found AAC, making these arrangements each week has brought me so much joy".

## 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

**Board Emeritus:** Gail and Dave Clarke