



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, FEBRUARY 1

John Lariviere

John Lariviere currently headlines throughout South Florida at local theatres and clubs, specializing in Broadway, Jazz and the Great American Song Book. In 2015 and 2016, he performed to sold-out crowds at the Florida Cabaret Festival in Venice, FL. He has put together a wonderful show especially for us this year. Chef Kevin is serving Pork Loin with Apple Sauce.

THURSDAY, FEBRUARY 8

Gold Coast Banjo Band

This 18-member band loves performing for us just as much as we love having them come to us. You won't want to miss this amazingly fun group! Thank you Don Stone for being our Super Senior Sponsor. Chef Kevin is serving Chicken Parmesan.

THURSDAY, FEBRUARY 15

Happy Valentine's Day with Mikki and Bob Crosby

Mikki and Bob will dance for us, along with their special guests. Watch and learn all the most popular dances - the waltz, tango, fox trot, swing, disco, merengue, rumba, cha cha and mambo. We will also dance the Electric Slide, Hokey Pokey and YMCA. We will have a fun day celebrating love, friendships, music and dancing. Chef Kevin is serving Beef Stew.

THURSDAY, FEBRUARY 22

A One Man Circus Adventure

Paul Anderson will join us for this one-of-a-kind day. There will be juggling, acrobatics, music and much more. Chef Kevin is serving Meatloaf.

A Note from Tricia:

As I am writing this newsletter, I have received 5 calls today from snowbirds that will be joining us this Thursday. I love our AAC family and it is so uplifting to hear the excitement in their voices about returning. There is an extra buzz in the air each week when we see more familiar faces. I want to say thank you for coming back and making AAC, through First Pres Church, your Senior Adult Ministry family. I recently described AAC to someone as, "Youth Group for Senior Adults". I loved Youth Group at my church when I was growing up and now I see my boys enjoying it as well. I now get to enjoy "Senior Adult Youth Group" with you, a place where we feel safe and most importantly, we feel Jesus's love through each other.

Blessings, Smiles and Hugs,

Tricia

ANNOUNCEMENTS

Bridge

Bridge Lessons are being offered on Mondays at 2pm. Please call to sign up and for more details.

Writers Group hosted by Mary Kay Wagner

This is not a class but a time to explore writing and enjoy a fun and creative time together. Thursdays at 1:15pm starting in February. Call to sign up and for more information.

Enhance Fitness YMCA Exercise Program for Seniors!

Come join us on M, W & F from 10am to 11am 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.

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

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

PROGRAMS *continued*

THURSDAY, MARCH 1

Peyton Robertson, the youngest member of the 2018 Forbes' 30 Under 30 Science List

We are honored to have this incredible young man join us. Peyton, 16, has five granted patents, nine additional patents pending, and in addition to being listed on the Forbes' list, he was also named the Top Young Scientist. He is joining us to teach you about the basics of computer programming because it's never too late (or too early) to learn to code. Chef Kevin will serving Chicken Pot Pie.

THURSDAY, MARCH 8

Mei-Mei Luo, Violinist and Susan Dodd, Pianist

This dynamic duo will be performing popular classical violin and piano pieces. Both are on the music faculty at Broward College and have worked and played together for many years. Chef Kevin is serving Lasagna.

THURSDAY, MARCH 15

St. Patrick's Day Celebration with James Perkowski

James is a popular Tenor in South Florida and will sing a few popular Irish songs, as well as all your favorite Broadway Tunes. Remember to wear green so you don't get pinched! Chef Kevin is serving Corned Beef and Cabbage.

THURSDAY, MARCH 22

Mary Kay Wagner, Inspirational Speaker

Join us as Mary Kay shows us how to rise above the ordinary, conquer fears, and overcome the obstacles that keep you from living your big dream. Chef Kevin is serving Stuffed Chicken Breast.

Verse / Quote of the month

I have decided to stick with love. Hate is too great a burden to bear. ~ Dr. Martin Luther King Jr.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.
~ 1 Corinthians 13:4-8a

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 (St. Andrew's Room) February 22 and March 22

TRIPS

Call the AAC office for pricing and details.

FEBRUARY 13: Shark Valley, Everglades National Park and lunch at The Pit BBQ

Join us as we tour Everglades National Park by way of a 2 hour tram tour through Shark Valley. The Everglades is a unique and fascinating ecosystem. When you take an Everglades National Park tour at Shark Valley, you'll travel in a relaxed setting, learning about the ecology and history of The Everglades from their friendly and knowledgeable Park-trained naturalists. They'll turn your sightseeing visit into a highly educational tour of the Everglades. Before our tour, we will eat a fabulous lunch at the historical landmark, The Pit Bar-B-Q, located 25 minutes east of the park on Tamiami Trail.

MARCH 7: Stage Door Theatre: "Imagine – A Beatles Retrospective" and Lunch at Runyon's in Coral Springs

The Fab Four have left a permanent mark in history with their vast songbook of now timeless classics. "Imagine" celebrates the music of The Beatles, reimagined for a new audience. A live 3-piece band and a cast of incredible vocalists and dancers take you on a journey through the works of the songs you remember from the band that changed the face of music.

More details to come on our April Trip!

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

AAC REGULARS AT A GLANCE!



This Month we are highlighting: Bob Pinto and Eleanor Oberle

Bob and Eleanor have been together for over 10 years both having lost their spouses 4 and 5 years previously. They met at an outdoor barn dance in Schroon Lake, NY, 300 miles from Eleanor's home in Howell, NJ and 250 miles from Bob's principal residence at the time on Staten Island, NY. Eleanor is a retired teacher and Bob is a retired NYC firefighter and Chief Warrant Officer in the US Coast Guard. Between them they have 3 children and 10 grandchildren. Eleanor and Bob are avid square dancers and dance wherever they travel. They have danced in France, London and Canada. Did you know that square dancing is always called in English? They love traveling together and spending summers at a cabin Bob owns on a lake in the Adirondack Mountains of New York state. They love coming to AAC to meet everyone and we appreciate them sponsoring our square dancing programs for us over the past two years. I hope you have a chance to meet this fun-loving couple.

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