



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 Laura know by Tuesday if you would like this option. Thank You!

THURSDAY, MARCH 29

No AAC, Holy Week. Please join us for our Maundy Thursday reenactment of the Lord's Last Supper at 7:30pm in the Sanctuary.

THURSDAY, APRIL 5

Senior Moments, the Unforgettable Band

Come and enjoy the music of this 7 piece band who plays all the oldies but goodies you love. Let's celebrate spring by wearing your Easter Bonnets.

THURSDAY, APRIL 12

Lyn Baldwin, singer

Lyn is a super talented singer who will lift your spirits with her beautiful voice and fun antics. Thanks to Kathleen, Dewitt, Patti, Cathy and Tony for being our Super Senior Sponsors for this program.

THURSDAY, APRIL 19

Mary Beth Ions, Violinist

Mary Beth was referred to us by Mary Kay Wagner and is coming to perform her one woman concert all the way from Cleveland, OH. Whether on stage with the Cleveland Pops Orchestra or in the orchestra pit for touring Broadway shows at Cleveland's Playhouse Square, violinist Mary Beth Ions brings her passion for music to these and many other venues in the Northeastern Ohio area and now to you in South Florida.

THURSDAY, APRIL 26

Bingo and Trivia with Nic Merchant

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

THURSDAY, MAY 3

Broward Women's Choral Group

This hard working group of women will present their Spring Concert for us. Every year they WOW us with their beautiful voices and professionalism. Our sailors will be back with us this year as we celebrate Fleet week!

One Last Note from Tricia:

If there is one thing that I have seen over the past nine years of Directing the Adult Activity Center, it is God. I have literally seen Him provide for the ministry numerous times. When I am at your table and you tell me that you happened to sit next to someone that grew up in the town next to yours in New York, well that was God working. When Ruth tells me that she is unable to make the centerpieces anymore after twelve years and that same week Marilyn tells me her friend loves flowers and making centerpieces, well that was God too. Those are just a couple of examples of the many that I have. I wholeheartedly know that He will continue to provide for this ministry through Laura Ziegler and the volunteers. I also know that you will grow to love her as much as I do. God is good! And as the verse goes, "Trust in the Lord with all of your heart and lean not on your own understanding..." I will miss you all tremendously and I want to thank each of you for your understanding, support and love. Please stay in touch!

Blessings, Smiles and Hugs,

Tricia

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)

April 19 and May 17

TRIPS

Call the AAC office for pricing and details.

Please give us any ideas you have for the upcoming AAC Trip Year, November 2018 – April 2019.

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A ministry of First Presbyterian Church

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PROGRAMS *continued*

THURSDAY, MAY 10

Ronelle Delmont, Book Review

Ronelle will review, *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, in vitro fertilization, and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can't afford health insurance. This book was also made into an HBO movie starring Oprah Winfrey last year. Ronelle will show a clip or two of the movie.

THURSDAY, MAY 17

Jolanta Prax, Pianist

Jolanta is back by popular demand. This polish pianist takes our breath away every time she performs for us and we are thrilled she is able to come back this year.

THURSDAY, MAY 24

Eric Werse, One man band

Eric plays guitar and will sing for us all the songs you love. If you have been on the Jungle Queen cruise in the last 30 years you may recognize him.

THURSDAY, MAY 31

Happyland Day School Graduation Rehearsal

The kids are getting ready for summer and their big end of the year performance for their parents. They are glad they have an audience to "dress rehearsal" with the day before.

ANNOUNCEMENTS

First Pres Women's Annual Spring Luncheon

Friday, May 4, 11am at Lauderdale Yacht Club, Cost: \$36 pp

Entertainment by Don Stansfield featuring "Music through the Ages" - *50's, 60's, 70's * Motown * Rat Pack * Pop*, SERRV shopping day, Raffle Baskets, Bake Sale Raffle Drawing and more! Luncheon flyers are placed around the church campus. Pick one up and join us for this fabulous day of fellowship! RSVP by 4/23 to Laura Ziegler 954-598-9312 / LauraZ@firstpres.cc

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.

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. 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 our sponsors this year- Susie Williams, Don Stone, Barbara Brow, Gloria and Bob DelGaudio, Sissy Lindsey, Eleanor Oberle, Bob Pinto, Tony Penfold, Cathy Kautz, Kathleen Galvin, Dewitt Parson and Patti Burns and Maxine Adams! And of course all of you that give to our 50/50 draw.**

Quote of the month

A keen sense of humor helps us to overlook the unbecoming, understand the unconventional, tolerated the unpleasant, overcome the unexpected, and outlast the unbearable. ~ Billy Graham

AAC REGULARS AT A GLANCE!



This Month we are highlighting: **Lana Famiano**

Lana was born in New Albany, IN but when she was eleven years old her parents moved her and her seven younger siblings to Fort Lauderdale. She graduated from the "old" Fort Lauderdale High School when it was located on Broward and 3rd Ave. After HS, she started working at a bank and after fifty years in banking, with relocations to St. Louis and Jacksonville and working her way up to Senior

VP, she retired! Lana has three children, who also graduated from Fort Lauderdale High School, and eight grandchildren. Her hobbies are reading, traveling and listening to all music (except rap and heavy metal). She is from the Elvis era so he is her favorite. She even has all his gospel music downloaded and so much more - you should see her iPad! She has been to Italy eleven times and loves it because of the history and art. She is going again this summer and taking her three children. Lana started coming to AAC two years ago when she was invited by her friend, Sammye. She says she was a little skeptical at first but now finds that Thursdays at AAC are the highlight of her week. Lana gets the perfect attendance award for both AAC Trips and Thursdays and we love having her enthusiasm in the AAC family!

BOARD OF DIRECTORS:

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