

# Adult Activity Center

A Senior Adult Ministry

FIRST PRESBYTERIAN CHURCH OF FT. LAUDERDALE



## Welcome Back from Laura

Hello My Dear AAC Friends,  
I hope that everyone had a restful and peaceful summer. I have been busy organizing and planning AAC Programs and Day Excursions all summer and promise it to be a fun and exciting year for all... I invite you and PLEASE bring a friend to one of our upcoming Thursday programs. You will definitely feel the spirit of the Lord at AAC this year and won't want to miss the AMAZING fellowship, entertainment and love that this wonderful ministry offers to everyone who walks through the door. I so look forward to seeing all of you soon; mark your calendars for our AAC kick-off on October 4<sup>th</sup>!!!

Love and Blessings,

*Laura*

## Scripture to Live by:

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.* PROVERBS 3:5-6

### AAC Board of Directors:

Sissy Lindsey (Chair)  
Frances Holman, Ethel Huggard, Doreen Lalumiere, Ruth Pierce, Susie Quinby, George Schipper, Susie Williams

### Board Emeritus:

Oleta Krause, Peggy McKeown

### Volunteers:

Barbara Brow, GL Franklin, Myrna Pototsky, Bob Sadowski, Betty Smith, Leslie Stout

## Getting to know you... AAC Regulars at a Glance!

- ★ **Name:** Patti Burns
- ★ **Nickname:** None
- ★ **Hometown:** Ft. Lauderdale, FL
- ★ **How long have you been in Ft. Lauderdale?**  
My whole life – born and raised
- ★ **Hobbies:** Tennis and Thoroughbred Horseracing
- ★ **How long have you been attending AAC?:**  
Two years, going on my third
- ★ **One Word to describe AAC:** "AWESOME"
- ★ **Favorite AAC Memory:** Singing programs are my favorite – Lyn Baldwin and Don Stansfield
- ★ **Would you recommend this ministry to a friend?**  
Without a doubt
- ★ **Why?** People are missing out if they don't come to AAC. I love the fellowship and meeting new friends weekly. People from all different faiths attend and that's what makes it special!



**Thank you, Patti, we are thrilled that you are a part of our AAC family. You are a blessing to all of us!**

## Announcements

### Enhance Fitness YMCA Exercise Program for Seniors!

Come join us on Monday, Wednesdays, and Fridays, 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 you may 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 bring top quality programs to AAC!

### Bridge

All are welcome to play Bridge on Monday and Wednesday afternoons, 1:15–3:15pm in the Library (2<sup>nd</sup> floor Neumann Center).

## Weekly Thursday Activities

Please join us for one of these special activities before or after our regular AAC Program!

### MORNING: 10:30 am

- ★ Blood Pressure Screening with Michelle from Comfort Nurse Care and the Parkinson's (Lobby)
- ★ Humane Society Therapy "Guests," Ann Kilpatrick and Oscar
- ★ Morning Stretch with Marianne Dougherty

### AFTERNOON:

(start at 1:15 pm)

- ★ Movie Time  
Every Thursday - see weekly table newsletter for featured movie (Chapel-in-the-Sky)
- ★ AAC Book Club  
(\*new this year - 1<sup>st</sup> Thursday of each month)  
Facilitated by Cathy Kautz and Priscilla Williams, Room 216 (End of hall on 2<sup>nd</sup> floor Neumann Center)
  - October Book Selection "The Nest" by Cynthia D'Aprix Sweeney
- ★ Wii Bowling with Ronnie Young  
October 18  
(St. Andrew's Room)
- ★ Medicare 101 with John Ripley  
October 11 and 25 (sign up at AAC), Room 200  
John will be here to answer any questions that you might have!
- ★ Create a Masterpiece  
Coloring for Grown Ups (\*new this year) - Nov. 8 and Dec. 13, Room 200

### AAC Day Excursions: Call the AAC office for details and pricing

#### Wednesday, November 14, 2018

- ★ Historical & Cultural Ft. Lauderdale Trolley Tour and Culinary Experience & Lunch at the *Chef's Palette*

#### Tuesday, December 18, 2018

- ★ Journey to the South Seas: A Day at the world-famous *Mai-Kai*

#### Tuesday, January 15, 2019

- ★ Explore *Flamingo Gardens* and Buffet Lunch at *Jacaranda Country Club* in the Grille

## AAC Programs: October–December 2018

**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 Monday (10 am) if you would like this option. Thank you!

### OCTOBER 4:

*Roaring 20's, Tin Pan Alley and American Songbook Favorites and other Fun Music with the Ukulele Ladies*

- ★ This is our AAC Welcome Back & Kick-off Celebration!

### OCTOBER 11:

*Joan Rose Brings to Life "Barbra Streisand"*

- ★ AAC will celebrate Breast Cancer Awareness Day - Wear Pink!

### OCTOBER 18:

*Shane LeMar Presents "A Musical Look Back in Time 1900-1950"*

- ★ AAC will celebrate Oktoberfest this day!

### OCTOBER 25:

*Pianist, Gail Smith - Celebrating Famous Composers, Favorite Hymns and Birthdays*

- ★ We will celebrate October Birthdays!

### NOVEMBER 1:

*Spooktacular Magic Show with "Mike the Magician"*

- ★ We will celebrate Halloween. Wear Halloween colors or your favorite spooky top!

### NOVEMBER 8:

*Veteran's Day Celebration with the Gold Coast Banjo Band*

- ★ Wear Patriotic colors to honor our vets!

### NOVEMBER 15:

*AAC Thanksgiving Service in the Sanctuary with Pastor Patrick Wrisley, Minister of Music, Robin McEachern and Soloist, Barbara Yatrousis*

- ★ Lunch Music: Pianist, Fran Arnold will play for us and we will have a Share your Blessings Activity

### NOVEMBER 22:

**No AAC, Happy Thanksgiving!**

### NOVEMBER 29:

*"Traditions of Christmas" with Mary Helen Merchant in the St. Andrew's Room*

- ★ *Starry Night Journey* in Fellowship Hall. We will celebrate November Birthdays!

### DECEMBER 6:

*Marie Alicata, "The Electric Lady," Performs Christmas Songs and Favorite Standards*

- ★ This will be our SERRV Christmas Shopping Day. Get a head start on your holiday shopping!

### DECEMBER 13:

*Holly Jolly Holiday Christmas Show with Don Stansfield*

- ★ Wear a festive holiday sweater or red & green to celebrate the season!

### DECEMBER 20:

*Happyland School Christmas Program Dress Rehearsal in the Sanctuary*

- ★ Christmas Carol Sing-a-long in Fellowship Hall. We will celebrate December birthdays!

### DECEMBER 27:

**No AAC, Merry Christmas!**

## AAC Menu Selections: Cost \$9

- 10/4** Chicken Picatta
- 10/11** Roast Pork Loin
- 10/18** Bratwurst & Sauerkraut  
*Oktoberfest meal*
- 10/25** Meatloaf & Brown Gravy
- 11/1** Chicken & Dumplings
- 11/8** Pork Tenderloin
- 11/15** Roast Turkey & Dressing  
*Thanksgiving feast*
- 11/29** Chicken Penne Pasta
- 12/6** Spaghetti & Meatballs
- 12/13** Arroz Con Pollo
- 12/20** Baked Ham