



Adult Activity Center

A Senior Adult Ministry

FIRST PRESBYTERIAN CHURCH OF FT. LAUDERDALE

Happy Spring from Laura

Hello My Dear AAC Friends,
It is hard to believe that our AAC year is nearing an end. Because of all of you, participants and volunteers, the AAC Ministry thrives year after year. I cannot thank each of you enough for all your support this year; from sponsoring programs, sharing your ideas, and inviting and introducing a friend to our weekly Thursday gatherings. YOU are the one's that make this happen each week and I thank YOU for all your enthusiasm and support. "Love" is in the air every time one walks through the door on Thursday mornings...

THANK YOU!

Love and Blessings,

Laura



AAC Board of Directors:

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

Board Emeritus:

Oleta Krause, Peggy McKeown

Volunteers:

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

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

- ★ **Name:** Robert Sadowski **Nickname:** Bob
- ★ **Hometown:** Marathon, FL via Detroit, MI
- ★ **How long have you been in Ft. Lauderdale?** Since 1968
- ★ **Hobbies:** Fishing, Gardening, Growing Orchids, Miami Dolphins, Travel
- ★ **How long have you been attending AAC?:** 4 years
- ★ **One Word to describe AAC:** "Funtastic"
- ★ **Favorite AAC Memory:** Day Excursions
- ★ **Would you recommend this ministry to a friend?** Yes
- ★ **Why?** Friendly people, Great food, Good times!



Thank you, Bob, 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 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 (2nd 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: (1:15 pm)

- ★ **Movie Time**
Every Thursday - see weekly table newsletter for featured movie (Chapel-in-the-Sky)
- ★ **AAC Book Club**
(1st Thursday of each month) Facilitated by Priscilla Williams, Room 216 (End of hall on 2nd floor Neumann Center)
April Book Selection: *Raven Black* by Ann Cleaves
- ★ **Hurricane Prep for Seniors**
Presentation, Discussion and Q & A with Bill Condon
May 9 and 23, 1:15pm in Room 200

Scripture to Live by:

I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?

JOHN 11:25-26

AAC Programs: April - May 2019

11:15 am Thursdays in Fellowship Hall

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

APRIL 4:

**Ed Ely
Retro Video Review**
One man band and Sing a long to your favorite songs from the 50's and 60's

APRIL 11:

James Perkowski
Popular South Florida Tenor Presents "April Showers Bring May Flowers" Spring Show

APRIL 18:

No AAC (Holy Week)
Have a Blessed Easter!

APRIL 25:

Mary Beth Ions, Violinist
Back by popular demand from Ohio, you will not want to miss her performance. Wear your Easter Bonnets and we will celebrate April Birthdays!

MAY 2:

**Lyn Baldwin,
Female Vocalist**
Celebrate Fleet week at AAC! Members of the Navy and Coast Guard will be joining us.

MAY 9:

**BINGO, Trivia & FUN
with Pastor Nic Merchant**
Join us for this fun-filled day with lots of prizes. We will celebrate all Mother's this day!

MAY 16:

**"Five Ways Technology
will Change the Way we
Age" Presentation**
Come hear about living a longer and fuller life!

MAY 23:

**Eric Werse, One man
band on the Piano**
*"Taking you Back to a Tropical Paradise" Summer Show.
Wear a tropical shirt to our Hawaiian Luau!*

MAY 30:

**Happyland Day School
Graduation Program
Dress Rehearsal**
We'll enjoy the young ones as they perform for us. We will celebrate May Birthdays!

AAC Menu Selections: Cost \$9

April 4	Chicken Penne Pasta Primavera
April 11	Meatloaf
April 18	Holy Week - No AAC
April 25	Lasagna
May 2	Stuffed Pork Chop
May 9	Chicken Marsala
May 16	Beef Stroganoff
May 23	Chicken Parmesan
May 30	Chicken Stir Fry



AAC Summer Lunch Bunch and Summer Fun Days

June - September 2019

Stay tuned...Information and Details about our Summer Programming Coming Soon!

*If you have any suggestions or ideas about future AAC Programs or Day Excursions, please email them to LauraZ@firstpres.cc