

# Senior Adult Ministry

Adult Center along with New Horizons and WACC Walkers is a ministry to Senior Adults. Together we offer a wide range of activities designed to minister to the physical, emotional, social and spiritual needs of seniors.



There are opportunities to use your giftedness to serve others in the Kingdom of God. For additional information about Adult Center, New Horizons or WACC Walkers please contact these leaders:

**Adult Center** Oscar Kreis  
562-690-3729

**New Horizons** Sharon Shutes  
626-388-7396

**WACC Walkers** Linda Walvoord  
626-964-0217

**You are cordially invited...**

to participate in this exciting 10 week program for senior adults.

Stimulating classes have been arranged for your enjoyment!

The Adult Center program provides a warm and friendly environment to bring your friends and enjoy a variety of activities.

## **Wednesday Morning Schedule**

### **In the Gymnasium**

8:45 Registration

9:00 Welcome, Inspiration  
& Announcements

9:30 First Hour Classes

10:30 Snacks & Fellowship

11:00 Second Hour Classes

# Adult Center

Wednesdays

9:00 am - 12:00 pm

Gymnasium



## **Winter Session**

Jan 22 - March 25, 2020

**WHITTIER AREA  
COMMUNITY CHURCH**

8100 Colima Rd  
Whittier, CA 90605  
562-945-4500

[www.wacc.net](http://www.wacc.net)

## 2 Hour Classes

### Oil Painting

Introduction to impressionistic oil painting in an environment where basic techniques can be learned and developed. Fostering a joy for painting. Participants are responsible for buying their own supplies.

### Watercolor and Drawing

Participants have a chance to enjoy water color and drawing techniques. Participants are responsible for providing their own supplies.

### Scrapbooking 101

Participants can enjoy a refreshing opportunity to put their pictures in a memory book. Offered in conjunction with the Genealogy class. Facilitator: Paula Morris Schattilly

### Knitting and Crocheting

Choose whether you want to knit or crochet. Instruction and inspiration are provided by our fellow participants.

### Table Games

Games are a great way to help keep you mentally sharp. A time for social interaction with friends and fun.

Facilitator: Jim Callen

### Computer Instruction

Take the mystery out of computers. Hands on instructions from basics to advanced use of IBM. PC models only. (No Apple) Facilitator: Joe Risse

### NEW! Rooted Class

A 10-week journey for people in every life stage, wherever they are on their walk with Christ. The weekly readings teach us what it means to be a disciple of Jesus through an experiential model built on foundational elements of Christianity such as Scripture, prayer, worship, generosity and service. \$20 Book fee. Facilitator: Chris Nord

## 1st Hour Classes 9:30-10:30 am

### Creative & Life Writing

This class will help you work on projects that matter most to you.

Facilitator: Betty Emery

## 2nd Hour Classes 11:00-12 pm

### Balance and Strength Exercise

Traditional exercises, modified Tai-Chi and Yoga for Seniors and older adults. DVD instruction by Jane Adams

### Fabric Fun

Create items to decorate your home and make gifts for your family and friends. Field trips or simple charity sewing may be planned. Instructions and patterns will be provided. Minimal cost for supplies.

Facilitator: Sharon Schroeder

### Genealogy

Get to know your ancestral history through research, interviews, census, vital records and getting it organized. Offered with scrapbooking class.

Facilitator: Bonnie Morris

Please fill out and return to  
Adult Center in the gym or mail to  
Adult Center at  
Whittier Area Community Church  
8100 Colima Road, Whittier CA  
90605

Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

ZIP: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

### I would like to enroll in the following...

1st Hour: \_\_\_\_\_

2nd Hour: \_\_\_\_\_

### Spouse's Choice

1st Hour: \_\_\_\_\_

2nd Hour: \_\_\_\_\_