



The North Texas

SeniorFest 2015 is sponsored by:

Adult Lutherans Organized for Action

In cooperation with

The Texas District of the LCMS

The NTNL Mission Area of the ELCA

With financial support from

North Central Texas Chapter of

Thrivent Financial for Lutherans

ALOA, Adult Lutherans Organized for Action, is an inter-Lutheran movement that provides resources for older adult ministry of the ELCA and LCMS. ALOA's mission is to equip mature adults to celebrate and serve.

SeniorFest events gather adults, ages fifty and above, for learning, and fellowship with the intent to invigorate their physical, spiritual, social, and mental well-being. This is the eighth annual North Texas SeniorFest.

Dr. Mark Allen Powell

Keynote Speaker

Dr. Powell is Professor of New Testament at Trinity Lutheran Seminary in Columbus, Ohio, and an internationally known biblical scholar. He is General Editor of the *HarperCollins Bible Dictionary* and author of more than 25 other books in biblical studies. As a hobby, he works as a professional rock music critic, specializing in Christian artists. He is a native Texan and plans to return to Texas when his "exile in Ohio" ends. He and his wife have four adult children.

The Day's Schedule

8:30-9:00	Registration and coffee
9:00-9:15	Welcome
9:15-10:30	Keynote Speaker
10:30-10:50	Break and view displays
10:50-11:50	First Workshop
11:50-12:45	Lunch (first floor)
12:45-1:30	Keynote Speaker
1:30-1:50	Break and view displays
1:50-2:50	Second Workshop
2:50-3:00	Evaluation and closing

A box lunch will be served.

Questions? You may contact
Dennis Schurter at 940-565-8372
or aloasfdallas@gmail.com

North Texas SeniorFest 2015

May 9, 2015

***"Retirement as
Calling"***

Keynoter: Dr. Mark Allen Powell

Messiah Lutheran Church
1801 West Plano Parkway
Plano, Texas 75075

ALOA

*Adult Lutherans
Organized For Action*

WORKSHOPS

- 1. De-clutter to Downsize Your Home and Life** – This workshop will share ideas geared to seniors who wish to “downsize their lives.” We will talk about personal and household papers, what to keep and what to shred; also how to get rid of larger pieces of furniture and how to start allowing your adult children to be in the know about what you know. Presenter, Lorraine Brock, is a professional organizer, family coach, speaker, and founder of *Get Organized!*, a Dallas-based professional organizing company.
- 2. How Not to Fall** – Stephanie Calabrese, a Licensed Physical Therapist, will share fun tips and uplifting guidance on how to maintain your balance in life. Stephanie works at Remington Medical Resort in Plano and is the mother of two teenage sons.
- 3. Surviving the Death of a Loved One** – This workshop is about grief work. Rev. Darrel Gilbertson will share his journal of the past year following the death of his wife and will lead us in discovering the faith and emotional tasks of “re-locating after life’s greatest losses.” Darrel is a retired Lutheran pastor and author of the book, Exit Stage Right: Finishing Strong and Dying Well. He and his wife, Barbara, have been active in ALOA and Senior Fest programs for many years. He now lives in Highland Park.
- 4. Live Long and Prosper!** – Gerry Hughes will discuss strategies for financial security and strength in the later years of life. Gerry is a Wealth Advisor and Certified Financial Planner with Thrivent Financial and has been helping individuals and families in this field for over 16 years.
- 5. Draw Your Way to Spiritual Health** – Susan Thillen will show how you can doodle your way to better mental and spiritual health and improve your “hearing” skills through Zentangles. Zentangle is an art form that builds on the hand-eye-brain coordination used in creating patterns to turn off the external thought processes and turn on quiet and relaxation. No skill is required. For Susan, art is her passion, and technology is her talent. She loves sharing art methods to add joy and relaxation to life.
- 6. No Money Required** – Laura Wolfe will provide an overview of the resources and services that are available free of charge to persons age 60 and older through the network of Area Agencies in Aging. She holds a Ph.D. in Applied Gerontology with expertise in the quality of life of older adults and their caregivers. She is volunteer coordinator for the North Central Texas Area Agency on Aging.

REGISTRATION FORM

(Please register by: May 1, 2015)

Send this form with \$25 registration fee, payable to “ALOA” at: **ALOA Senior Fest**
c/o Dennis Schurter
1320 Greenbriar St.
Denton TX 76201-1788

Please register one person per form.

(Please print)

Name: _____

Address: _____

Phone: _____

e-mail: _____

Church name: _____

Please indicate two workshop sessions by number or name:

1. _____

2. _____

The facility is handicap accessible.

Special dietary or other needs:
