



### The North Texas

**SeniorFest 2016 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.

This is the **ninth annual North Texas Senior Fest**. Senior Fest events in Texas, Florida, and California gather adults, ages fifty and above, for learning, and fellowship with the intent to invigorate their physical, spiritual, social, and mental well-being.

**Dr. Joel D. Heck**  
**Keynote Speaker**

Dr. Heck has served as Professor of Theology at Concordia University Texas since 1998. He teaches courses in Old and New Testament, Reformation history, and the life and writings of C.S. Lewis. He is author or editor of thirteen books, most of them in the areas of evangelism and assimilation. Dr. Heck and his wife, Cheryl, have three grown children and live in north Austin.

#### 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)
12:45-1:45	Second Workshop
1:45-2:00	Break and view displays
2:00-3:00	Third Workshop
3:00-3:15	Evaluation and closing

**A hot lunch will be served.**

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

# North Texas SeniorFest 2016

February 27, 2016

**Keynoter: Rev. Dr. Joel Heck**  
*Professor of Theology*  
*Concordia University, Austin*  
**"Reformation Heroes—  
Then and Now"**

Messiah Lutheran Church  
1801 West Plano Parkway  
Plano, Texas 75075

# ALOA

Adult Lutherans  
Organized For Action

## WORKSHOPS

- 1. Famous Lutheran Musicians** – Steven Lund, a member of King of Glory, Dallas, has taught literature, writing, opera, and sacred music to a wide variety of people from university students to prison inmates. He offers two sessions (choose one or both):  
**1A: J. S. Bach—The Ultimate Genius of Sacred Music** – A study of and reflections on the motet *Jesu Meine Freunde* (“Jesus, Priceless Treasure”).  
**1B: Johann Cruger—Lutheran Hymn SUPERSTAR!** – An exploration of the “hits” of Johann Cruger, e.g., “Now Thank We All Our God”, “Ah, Holy Jesus”, and others.
- 2. Step into De-cluttering and Step out of Clutter** -- Lorraine Brock, founder and president of *Get Organized!*, will give you great ideas on how to start the process of de-cluttering and downsizing your home. She will talk about your cluttered closets, the piles of greeting cards you have kept for years, purging your personal and household papers, selling unwanted items, and how to make important decisions that will help you be clutter free.
- 3. Better Balance for Better Living** – Stephanie Calabrese, a Licensed Physical Therapist, will share practical information on maintaining and increasing your physical agility and balance. Stephanie works at Remington Medical Resort in Plano.
- 4. End of Life Planning** – In this workshop Kirsten Kaae, an RN and licensed professional counselor, will discuss many topics, including the many losses inherent in the aging process, asking for and accepting help, planning for the final years, needed documentation, and the hospice option.
- 5. Driving Tips for Seniors** – A representative from AARP will share tips for drivers who are age 65+. Come prepared to learn new points about driving – bring your questions. How do I respond to an angry driver? When or why should I consider giving up my keys? What should I do when another driver is distracted?
- 6. Living with Dementia** – This is a heartbreaking issue important to an increasing number of seniors both in their friendships and inner family circles. Dallas Alzheimers Association will provide a conversation leader with both clinical knowledge and caregiving helps. This is a must for those impacted by this health scourge.

## REGISTRATION FORM

(Please register by: February 20, 2016)

**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 three workshop sessions by number or name:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**The facility is handicap accessible.**

**Special dietary or other needs:**

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