



Fellowship

FUN

Laughter



Delicious Lunch
Delicious Lunch

Fellowship



Engaging Speakers

SCHEDULE

Wednesday, February 15

9am-3:45pm

Zion Lutheran Church—Fort Myers, FL

- 8:30 am **Doors Open**
Registration with coffee and refreshments
Visit Display Tables
- 9:00 am **Worship through Music:** David Ludwig
- 9:30 am **Performing the Story: 1—** Dr. David Rhoads
- 10:20 - 10:45 Break
Visit Vendor Tables / Blood Pressure Checks
- 10:45 am **Brain Gain—** Mark Schoepp
- 11:40 am **Musical Interlude & singing:** David Ludwig
- 12:00 - 1:00 **Lunch Break in Fellowship Hall**
Vendor tables closing at 1pm
- 1:00 - 1:45 Breakout Session #1
- 1:55 - 2:40 Breakout Session #2
- 2:50 - 3:20 **Performing the Story: 2 —**Dr. David Rhoads
- 3:20 pm **Worship through Music—** David Ludwig
- 3:40 - 3:45 Wrap-up and Farewell

Blood Pressure Checks ongoing throughout the day



Association of Lutheran Older Adults www.ALOAserves.org
www.aloafloridaseniorfest.com



Wednesday
February 15, 2012
Zion Lutheran Church—Fort Myers

9 am – 3:45 pm
Lunch included

Doors open at 8:30 am
Pre-register by January 22

Zion Lutheran Church
7401 Winkler Road
Fort Myers, Florida 33919



Phone: 239-481-4040 Fax: 239-481-4102
info@zionfm.org www.zionfm.org

SPEAKERS



Dr. David M. Rhoads
"Performing the Story"

A dynamic presentation of the way the scriptures would have been originally presented by bringing a new perspective to well known verses. Dr. Rhoads is a retired professor at Lutheran School of Theology in Chicago, New Testament,

Emeritus and was ordained in 1968 where he served as pastor of St. John Lutheran Church Asheboro, N.C. Widely published, Rhoads is also the author of several books. He completed his MA degree from Oxford, and his Doctor of Philosophy from Duke.

Mark Schoepp
"Brain Gain"



Exercise, diet and play profoundly affect our brain function and can affect our efforts to give God our best. Current brain research will be discussed and connected to the positive impact on health and wellness. Mark currently serves as Wheat Ridge Ministries Church Relations Representative and has been active in many Faith Communities with a special focus on Family and Youth Ministry.



David Ludwig
"Worship through Music"

As a composer, pianist, organist and singer, you will enjoy and marvel at David Ludwig's talents and spiritual gifts. He has served as a music minister in both ECLA and LCMS congregations as well as at national gatherings.

WORKSHOPS

Select two workshops to attend in the afternoon.

Write their numbers on the registration form and include an alternate.

- Faith in Exercise**
Participate in light exercise techniques with **Rev. Tom Hafer**, Writer, Chaplain, Physical Therapist and steward of Health and Wellness. Come stimulate and awaken a spirit of wholeness!
- Retirement Income Optimizer**®
Don't miss this chance to learn how to better manage your money in retirement. **Mark J. Fontana, FIC** will demonstrate a retirement income strategy from **Thrivent**® designed to help you keep up with inflation and ever-changing market conditions.
- Prayer Labyrinth**
Learn the history and prayerful use of prayer labyrinths while walking Zion's prayer labyrinth with **Rev. Peter Weeks**, Assistant Pastor.
- Disaster Preparedness**
Mike & Louise Weber discuss national and local efforts to provide disaster resources & the role of Lee and Collier Lutheran Early Response Teams. Mike and Louise are members of Zion as well as the CERTS Team associated with FEMA.
- Building Health and Wholeness: Health Ministry Teams**
Explore the health of our Faith Community and learn how to build a health team in your congregation. **Nancy Roberts, RN**, Parish Nurse, Christ Lutheran Church, FBS ELCA Parish Nurse Coordinator.
- Remembering Your Story**
Learn how to share and write your faith stories from the events of your life. Zion's Family Life Minister, **DCE Rebecca Duport**, will guide you to preserve your story as a legacy for future generations.
- Wiring and Re-wiring the Brain**
A look at how the brain wires and rewires itself all throughout life and ways we can use that information to function more fully. Discussion on the role of diet, exercise and play as it relates to Alzheimer's Disease presented by **Mark Schoepp**.
(This is a continuance of the morning keynote).

REGISTRATION FORT MYERS SENIORFEST

Return registration with payment by February 6

\$30 per person by February 6 (includes lunch)

Or \$35 at the door

PLEASE PRINT

(Name) _____

Workshops: 1st choice: _____ 2nd choice: _____ alternate: _____

(Name) _____

Workshops: 1st choice: _____ 2nd choice: _____ alternate: _____

(Street) _____

(City, State, Zip) _____

(Telephone) _____

(Email Address) _____

Number of Registrations: _____

Total enclosed: \$ _____

check made payable to: ALOA FL SeniorFest

Return by February 6 to: ALOA FL SeniorFest

PO BOX 53208

Sarasota, FL 34232