"But those who hope in the Lord will renew their strength: they will fly up on wings like eagles; they will run and not be tired; they will walk and not be weary." Isaiah 40:31

Registration Fee: $40 Includes breakfast and lunch and in dining room and afternoon snack Deadline: Friday, March 14
North Georgia Older Adult Ministry EVENT
Simpsonwood Conference Center

7:00am  Dining Room pen - Breakfast

8:30  Registration Desk Open
Meet and Greet
Check out all Displays

9:00 Welcome, Recognitions:
EVENT Team; Workshop Leaders; Displayers; Churches Attending
A. Louise Adams, NGOA Team Chair

9:40  Soaring In
Mind, Body & Spirit
Rev. Dr. Robert (Bob) Bowling

11:00 Workshops - Rooms Posted
#1 Chattahoochee Walk & Prayer Labyrinth
Rev. Susan Pinson, Glenn Memorial UMC
Minister for Children and Older Adults

#2 Soaring As a Caregiver ...Possible?? Yes!
Mary Lawder, Atlanta-Roswell District
Faith Community Nurse

#3 Maintain Your Brain
Doris Manning - Retired Minister for
Older Adults

#4 Legal Issues and Documents
Rev Joy Melton, J.D. Attorney at Law,
Partner Hindson and Melton

12:00 Lunch in Dining Room
Fellowship Time
Interaction Displays

1:00 Special Entertainment
The Methodist Circuit Riders
Doris Manning, Story Teller

......  Agenda Continued

1:40 PM Workshops -

#5 Let’s Eat: Recipe for a healthier
Mind, Body and Spirit.
Susie Park, MS, RD, LD Manager/
Nutrition Services, Senior Connections-
Gwinnett County

#6 Line Dancing: Enjoying Movement
Through Dance
Lydia A. Floyd PhD, Line Dance Instructor, Health
and Fitness Ministry, Headland Heights UMC;
Torchbearers Ministry, Cascade UMC

#7 Body Recall Exercise Program
Doris Manning - Retired Minister for
Older Adults

2:42 Return to Meeting Room:
Announcements, Sharing,
Goodbyes, Evaluation Forms

2:57 Sending Forth in Prayer

Interactive Displays -
Back of Meeting Room

Programming Ideas for Older Adults
1) Lindley Curtis, Peachtree Road, Older Adult
Ministries

2) Shirley St George, Simpsonwood
LIFE. - Older Adult Leadership Team,

Resources / Information availability
Mary Lou Vergara - Atlanta Regional Commission-
Area Agency on Aging

Table Displays -
Registration Area-
Wesley Woods - Staff
Georgia United Methodist Foundation - Staff
Georgia Credit Union - Staff

Keynote Leader

Rev. Dr. Robert (Bob) Bowling
The Rev. Dr. Bob Bowling is a graduate of Candler School of Theology at Emory University. He received his Doctor of Ministry from McCormick Theological Seminary at University of Chicago. He received the North Georgia Conference Denman Award for clergy in 2005.

He began his ministry at First UMC in Biloxi, Mississippi. His North Georgia appointments include Aldersgate-Augusta; Cumming; Thomson First; St. Timothy-Stone Mountain; Calhoun First; Oak Grove-Decatur and District Superintendent of Atlanta-Roswell District.

He and his wife Robin have three children and five grandchildren. Bob notes his hobbies are singing, preaching, electric trains, fly fishing, woodworking, travel and mission work.

We will be blessed as we share in Bob's zest for living. Expect to be Soaring In Mind, Body and Spirit

NG Older Adult EVENT Planners
- A. Louise Adams, OA Ministries Team Chair
  770-446-2411 - louisechuck@comcast.net
- Rev. Exa Grubb, Team Vice Chair, Dunwoody UMC
- Bobbie West, Team Secretary, Cascade UMC
- Lee Wright, Event Registrar, Simpsonwood UMC
- Mary Lawder, Atlanta-Roswell District Faith Community Nurse
- Rev .Susan Pinson, Glenn Memorial UMC
- Lindley Curtis, Peachtree Road UMC
- Shirley St. George, Simpsonwood UMC
- Bettie Stoneking, Duluth UMC
- Rev. Susan Pendleton, Peachtree Road UMC
- Rev. Elizabeth Ackerman, Marvin UMC
- Rev. Julie Wright, Roswell UMC