

Adventures in Lifelong Learning Winter 2024

Name: _____

Address: _____

Phone: (c) _____ (H) _____

Email: _____

I agree that my picture may be used in publications concerning ALL.

Classes you wish to register for:

- Mining Your Memories (January '24)
- Borg & Crossan: The Last Week
- Bucket Drumming
- Calligraphy Creations for Beginners
- Painting with Acrylics (additional \$30 fee)
- Hand & Foot Canasta
- Introduction to Investing
- Race, Racism and Civil Rights
- Strength & Balance
- Cooking with Sheila
- Spring Hiking

Each class is \$25.00. Payment is needed by January 31 to secure your place in a class. Minimum class enrollment is 10. If the minimum is not met by January 31, you will be notified of class cancelation. Any classes with a maximum enrollment are noted in their descriptions. Most classes begin February 1 and end by March 6.

Amount paid: _____ Check #: _____



The Senior Adult Ministry of Cookeville FUMC provides opportunities for senior adults to continue their life-long process of learning and growing toward Jesus Christ.

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever. Amen.
2 Peter 3:18

Spring Hiking Class

By Cindy Garrett

Tuesdays

Schedule:

- April 2—Burgess Falls
- April 9—Cane Creek Park
- April 16—Monterey Lake

Meet in the church parking lot at 9:45 a.m. We will ride the church bus and return by noon.



Cookeville First
UNITED METHODIST

Sharing the Story of Grace in the Heart of Town

165 East Broad Street
Cookeville, TN 38501
931-526-2177

www.cookevillefumc.org

Adventures IN LIFELONG LEARNING



Winter 2024

Adventures in Lifelong Learning (ALL)

is an outreach ministry sponsored by the Senior Adult Ministry of FUMC. "ALL" provides opportunities for community members to take part in a variety of courses led by professionals.

Each course is \$25 for a five-hour class. Most classes will meet one hour per week for five weeks. Winter session begin February 1 and end March 6 with makeup dates the week after. Our weather policy will follow the Putnam County School closings.

Programs are geared towards those age 50+, but we welcome people of all ages to participate. There are no tests, homework, or quizzes. "ALL" is a continuing education program for participants from diverse backgrounds who share a common belief that lifelong learning is a great way to engage the intellect for the pure joy of learning and to develop new friends and lasting relationships.

Registration is required to participate. Register at www.cookevillefumc.org/ALL, in person at the church office, or by mail. Payment is required in full by January 31. Submit your check, made payable to FUMC, with "ALL" noted on the memo with your registration at the church office.

ALL is directed by a committee of volunteers. If you are interested in being part of the team, we would welcome you!



Adventures
IN
LIFELONG
LEARNING

Calligraphy Creations

For Beginners

By Kendall Tarpley

Mondays at 11am

Freeman Bldg, Rm B213

For beginners who want to learn calligraphy.

No supplies needed.

Borg & Crossan: The Last Week

By Michael Decker

Tuesdays, 10am

Freeman Building, Rm B213

Using the gospel of Mark as their guide, Borg and Crossan present a day-by-day account of Jesus's final week of life. The Jesus they describe is a new moral hero, a more dangerous Jesus than the one enshrined in the church's traditional teachings. Books are available in the church office. Read thru page 31 prior to our first class.

Bucket Drumming

By Cass Roberts

Tuesdays, 2pm

Sanctuary Bldg, Rm C206A

Learn to hear and play the drums along with some of your favorite songs. We will use bucket drums and assure you will have a fun time learning!

Hand & Foot Canasta

By Susan & John Gore

Mondays, 10am

Sanctuary Bldg, Parlor

Learn to play Hand and Foot Canasta. For beginners and novice players.

Painting with Acrylics

[Cancelled]

Strength & Balance

By Lisa Renner

Tuesdays, 1-2pm

Freeman Bldg, Gym

Exercise is an important way to prevent falls. This class includes a variety of exercise, both standing and seated, to increase strength, mobility and balance as you go through your daily life. Wear comfortable clothes so you can move freely and rubber soled shoes and a smile.

Equipment needed:

Bring one set of weights (3-5 lb. depending on your fitness level) and a light to medium weight resistant band w/handles.

Introduction to Investing

By Bob Luna

Thursdays, Feb 1, 11-Noon, Feb 8 & 15, 11-12:30,

Feb 22, 11-Noon

Freeman Bldg, Rm B210

Bob is retired from a career in investments.

Topics for this class will include: different investment choices, asset classes, risks, rewards, costs and financial planning strategies.

Race, Racism and Civil Rights in the U.S. Past & Present

By Dr. Robert Owens

TTU Chief Diversity Officer

Tuesdays 9-10am

Sanctuary Bldg, Jeff Wall Hall

Lessons from the past that we are still learning. Dr. Rob will share history lessons and current concerns regarding race, racism, and Civil Rights.

Cooking with Sheila Spring Creek Pie Company

By Sheila Cupp

Tuesdays 10:30-Noon

Sanctuary Bldg, Jeff Wall Hall

4 weeks in February

This will be a fun class to learn the secrets and tips for baking. Sheila will demonstrate Pies, Cheesecake, Pumpkin rolls, Chicken Salad, and Bread.

Cookbooks will be available for sale.



Registration opens January 7.
www.cookevillefumc.org/all
To reserve your place, your payment must be received in the church office by:

January 31