

Adventures in Lifelong Learning
Fall 2026

Name: _____

Address: _____

Phone: (c) _____ (H) _____

Email: _____

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

Check each class you wish to register for:

- ☐ Mah Jongg
- ☐ iPhone and Apple Watch
- ☐ Improve Your Balance and Prevent Falls
- ☐ Religion: Similarities and Differences
- ☐ Intermediate Pickleball
- ☐ Painting with Acrylics
- ☐ Grilling Class
- ☐ Line Dancing for Beginners

Each class is \$25.00. Minimum class enrollment is 10. Some classes have a maximum enrollment. Classes begin the week of September 1 and end September 24. The registration and payment deadline is August 25.

Amount paid: _____

Check #: _____



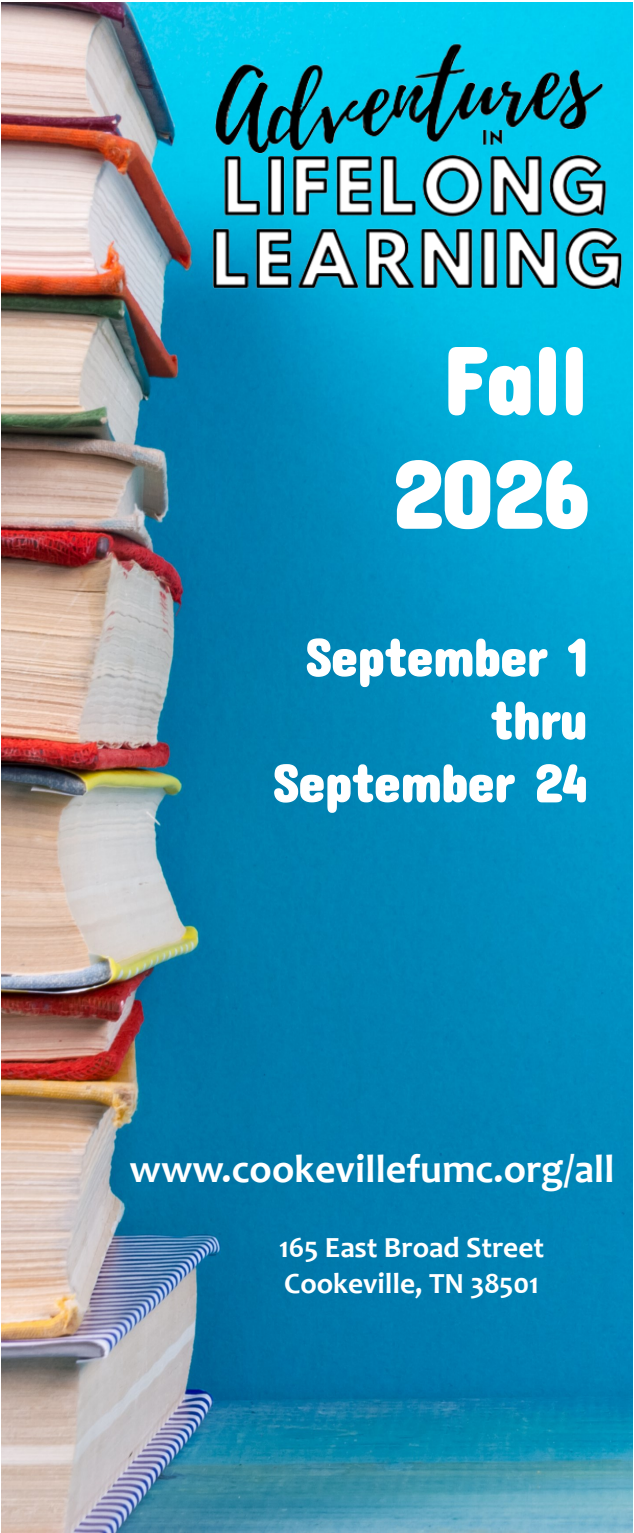
The Senior Adult Ministry of Cookeville FUMC provides opportunities for senior adults to continue their life-long process of learning and growing toward Jesus Christ.



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



165 East Broad Street
Cookeville, TN 38501
931-526-2177
www.cookevillefumc.org



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 four-week courses led by professionals and will cover a wide range of topics.

Each course is \$25 for four-weeks, one hour per week class. Some courses have an additional fee for supplies or books.

The Fall session begins the week of September 1 and ends September 24.

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 whose participants come from diverse backgrounds, but 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 for participation. Register at www.cookevillefumc.org/all or at the church office.

Payment is due by August 25. Submit your check, made payable to FUMC, with "ALL" noted on the memo with your registration to the church office at:

165 E. Broad St.
Cookeville TN 38501



MAH JONGG FOR BEGINNERS

Led by Shawna Peace

Tuesdays, 9:30 a.m.—11:30 p.m.

Freeman Bldg, Rm B012

This class is for the beginner who has never played Mah Jongg. All classes build on the preceding class lesson and are mandatory. Requires a separate \$15 fee paid to the instructor the first day of class for the National Mah Jongg League card.

Maximum Participants: 8

RELIGION: SIMILARITIES AND DIFFERENCES

Led by Weekly Guest Speakers

Tuesdays, 3 p.m.

Freeman Bldg, Rm B210

Enjoy hearing from a different speaker each week of the series:

- Episcopal: Mother TJ
- Greek Orthodox: Nick and Barbara Demas
- Lutheran: Deacon Sandye Fletcher
- Church of Christ: TBA

PAINTING WITH ACRYLIC

Led by Adrienne Stone

Wednesdays, 10 a.m.

Off Campus (Address sent after registration)

This is a fun beginner friendly class with dozens of paintings to choose from to inspire you. Adrienne will do a demonstration, then you can paint what she paints or choose your own subject!

Charge for supplies: \$25

Maximum participants: 8

IPHONE AND APPLE WATCH

Led by Bob Rice

Tuesdays, 9:30 a.m.

Freeman Bldg, Rm B210

Delve into your iPhone's many features! Discover new features and become even more efficient at the features you already know and love. Many tips and tricks along with instructions on how to take pictures and organize your photos better. You must have an iPhone 12 or higher and know your Apple password.



IMPROVE BALANCE AND PREVENT FALLS

Led by Rolando Cruz

Tuesdays, 1 p.m.

Freeman Bldg, Rm B214

Join us for a practical and informative presentation on balance, fall prevention, and staying active and independent as we age. Drawing on 38+ years of experience as a physical therapist, we will discuss factors that can affect balance and teach simple strategies you can do to reduce your risk of falling.



INTERMEDIATE PICKLEBALL

Led by Angie Edgington and Mindy Odom

Tuesdays, 3:30 p.m.

Freeman Bldg Gym

Pickleball for Intermediate level players (Level 2.0-3.0). This group will meet September 1, 15, 22, and 29.



GRILLING CLASS

Led by Chef Chad Combs

Wednesdays, 5 p.m.

Off Campus (Address sent after registration)

Chef Chad Combs shares his passion for food and cooking. His knowledge of grilling will provide the class with instructions on how to prepare many recipes on the grill.

Maximum 16 participants

Additional fee: \$10 each for food supplies!

LINE DANCING FOR BEGINNERS

Led by Ingryd Marie Nordquist

Thursdays, 3:30 p.m. – 5:30 p.m.

Sanctuary Bldg, Jeff Wall Hall

Improve your memory, coordination, fitness and have fun with others! Learn basic, easy to follow routines in a supportive setting focusing on the fundamental steps and terminology to build confidence to dance socially. Class meets September 3, 17, and 24 (no class on the 10th).

