



SPRING 2020

JANUARY 21—FEBRUARY 25

Join with other searching Christians at
Winter Park Presbyterian Church
for these special

Tuesday Nights Together

Feeding our bodies and souls
with God's life-giving food.

Classes • 6:30 - 7:30

SPANISH | Room 315 | Melanie Rice

Basic Spanish through a combination of grammar, conversation, music, humor, poetry, Bible quotes, and proverbs. Cultural content included as well. No previous Spanish required.

STORY TIME FOR GROWN-UPS | Library | Melissa Storey

There is nothing like listening to a good story. Melissa Storey cordially invites you to the church library to engage in the oldest of traditions...storytelling. Each week we will hear short stories by authors you love (and some you may never have heard from before). These authors include (but are not limited to) Gary Paulson, Shirley Jackson, Dennis Schmalstig, Dave Barry, Phyllis Woods, H. H. Munro (Saki), Bailey White, and Maya Angelou. The stories will be read by Phyllis Woods, Emily Wasser, Melissa Storey, Dennis Schmalstig, Julie Rankin, Rachel Myers, Pat Morgan, Gary Henderson and Marilyn Bryant. Come for the stories, stay for the fellowship!

TAKING CARE OF YOU | Room 301 | Sara Van Arsdel

1/21 Preventing Burn Out & Managing Expectations for the New Year

For parents, seniors, and anyone who wants to know more about how to better cope with post-holiday lives. Presented by Emily H. Green, M.A. LMHC.

1/28 Parenting: Setting Boundaries & Roles

Are you finding you are focused more on daily chores & tasks and arguing about time spent on video games? What about yourself and your children in the human equation? Presented by Anne Bensinger, Winter Park Presbyterian Preschool, expert in Early Childhood Education and author of *The Winter Park Curriculum: Optimal Learning in an Environment of Developmental Safety*.

2/4 Setting Boundaries: Managing & Maintaining Healthy Social Media Habits

Are the lives you see in Facebook better than yours? Are you constantly looking at your phone for that (not-so-important) next message? What is the first thing you do in the morning when you get up? Look at your phone? We all do it. Presented by Sara Van Arsdel, with assistance of social media experts.

2/11 Chocolate!!! The Health Benefits of this Food

The program will explore the history and beneficial properties of chocolate. Samples and recipes will be included for all attendees! Just before Valentine's Day! Presented by Sara Van Arsdel.

2/18 When is it Time?

This program will explore the signs and warning signals for serious health conditions that may require additional attention from caregivers and family members.

2/25 Making the Decision: Assisting Living & Senior Facilities

When is it time to make the decision for assisted living? Presented by Angie Dimura, Executive Director of *Watercrest Senior Living* will discuss senior living facilities and what they provide older adults in their lives.

CHILDREN'S CHOIR | Room 102 | Susan Davis

Music is one of the most expressive and beautiful ways that children can worship God! It is always a joy to hear our Children's Choir sing during selected Sunday morning church services as they share their glorious gifts and unique charm with all of us. Children's Choir meets every Tuesday Night from 6:30-7:15 PM in the music room and is open to all children in kindergarten and older.

Great Food! Great Fellowship! Great Learning!

5:25-7:30 Nursery (infants to 3 yrs. Old) - Room 608

5:30-6:30 Dinner

Please RSVP for dinner by noon on the Monday
before at 407-647-1467 or info@winppc.org.

Adults \$6.00

Children (under 10) \$3.00

Family Rate Total of \$15

6:30-7:15 Children's Choir

6:30-7:30 Classes

- ◆ Spanish
- ◆ Taking Care of You
- ◆ Story Time for Adults
- ◆ Children's choir

