

SEMINAR REGISTRATION

Please check one column for a single person and both columns for a couple.

TUESDAY, SESSION 1: 4:10–5:00 PM *(choose one session per person)*

- ☐ ☐ **Diets for Healthy Aging** with Annie Jacobson, Sanford Health
- ☐ ☐ **In-home Caregiving** with Brook, Home Care Services of SD
- ☐ ☐ **YMCA Chair Exercises** with Janene Papendick
- ☐ ☐ **Foundations of Faith**

TUESDAY, SESSION 2: 5:05–5:55 PM *(choose one session per person)*

- ☐ ☐ **Defensive Driving and Scams** with Officer Megan Long, APD
- ☐ ☐ **Step Into Wellness** with Amber, Heart & Sole Foot Zone Therapy
- ☐ ☐ **Paper Art Craft** with Donna Hamm *(20 seat limit)*
- ☐ ☐ **What's in a Word** by Michael Calva

WEDNESDAY, SESSION 1: 4:10–5:00 PM *(choose one session per person)*

- ☐ ☐ **Fun Facts and Curiosities #5** with sisters Nella and Lorna
- ☐ ☐ **Understanding Human Trafficking** with Gina and Zoe, Safe Harbor
- ☐ ☐ **YMCA Chair Exercises** with Jan Hill-Steiner

WEDNESDAY, SESSION 2: 5:05–5:55 PM *(choose one session per person)*

- ☐ ☐ **Eating for the Health of It** with Joetta Redlin, MS Human Nutrition
- ☐ ☐ **Preserving Our Past** with Dacotah Prairie Museum
- ☐ ☐ **Oil in My Lamp: Staying Ready** with Pastor Adam Franken

THURSDAY, SESSION 1: 4:10–5:00 PM *(choose one session per person)*

- ☐ ☐ **Diets for Healthy Aging** with Annie Jacobson, Sanford Health
- ☐ ☐ **Homelessness in Aberdeen** with Officer Megan Long, APD
- ☐ ☐ **Finding Rest and Renewal** with Margaret Artz, Abbey of the Hills
- ☐ ☐ **Safe Harbor** with Gina and Zoe

THURSDAY, SESSION 2: 5:05–5:55 PM *(choose one session per person)*

- ☐ ☐ **Mosaic Cross Craft** with Kayla Fordham *(20 seat limit)*
- ☐ ☐ **How Silent Were the Silent Years** with Paul and Lorna Swenson
- ☐ ☐ **Aberdeen Foster Closet** with Louise Schwab and Sarah Huffman
- ☐ ☐ **Bible Trivia**

Please submit this page for your registration by September 1.

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Keep this page as a reminder of your seminar choices.



SEPTEMBER 8-10, 2026

Cost: Freewill Offering

Aberdeen Alliance Church
1106 S Roosevelt • Aberdeen, SD 57401
605-225-9724 • 605-216-6368

Senior citizens (59ish+) are invited to attend a day retreat held Tuesday through Thursday from 4:00 to 8:00 pm. An evening meal is served each day at 6:00 pm. Learn and laugh as you participate in activities designed to inspire and celebrate your senior years.

**Seminars • Classes • Crafts
Meals • Hymn Sings • Speakers**

*Pre-registration by September 1st aids planning and setup.
Registration remains open through the end of the Retreat.*

SENIOR MOMENTS SCHEDULE

4:00 pm Welcome Gathering
4:10–5:00 pm Workshop Session 1
5:05–5:55 pm Workshop Session 2
6:00 pm Evening Meal
6:50–8:00 pm Evening Session
8:00 pm Coffee Fellowship Time

SPIRITUAL ENRICHMENT SESSIONS

- **Foundations of Faith:** As we celebrate and remember 250 years of this great country, join this sessions and discover how America was built and founded on Biblical and Christian values and principles.
- **What's in a Word:** Have you ever wondered how the ancient world communicated truths that still resonate today? Join us as we explore the 'language gap' between our modern English and the ancient pictorial Hebrew of the Bible.
- **Oil in My Lamp: Staying Ready:** Is there oil in your lamp? Join Pastor Adam Franken as he looks into the Parable of the Ten Virgins and the importance of being ready for the return of Christ and how you can make sure your lamp is trimmed and ready.
- **How Silent Were the Silent Years:** Was God really "silent" for 400 years? Join Paul and Lorna Swenson as they explore the events between the Old and New Testaments that set the stage for the birth of the Savior of the World.

HEALTHY LIVING WORKSHOPS:

- **Diets for Healthy Aging:** Join Annie Johnson, dietition manager at Sanford Health as she discusses nutritional recommendations for healthy aging, appropriate supplement use, and how to cook in small quantities.
- **In-home Caregiving:** If you or someone you love needs extra care, join Brook with Home Care Services of South Dakota to learn about in-home care. Whether you need a few hours a week, or every day care, our goal is to keep you in your home.
- **Step Into Wellness:** Join Amber at Heart & Sole Foot Zone Therapy as she discusses holistic, affordable wellness that includes foot zoning, magnesium restoration, and stress management to help keep your body in balance.
- **Eating for the Health of It:** Joetta Redlin, dietitian/nutritionist at MS Human Nutrition, will talk about the importance of healthy eating especially in your golden years.
- **YMCA Chair Exercises:** Join Janene Papendick or Jan Hill-Steiner, trainers at the YMCA, as they demonstrate great ways for seniors to improve strength and flexibility while remaining seated!

FUN AND FELLOWSHIP

- **Paper Art Craft:** Turn toilet paper rolls and paper into a creative, artistic bird using simple crafting supplies like scissors, glue and paint with Donna Hamm. (limited to 20 seats)
- **Mosaic Cross Craft:** Join Kayla Fordham, the Activities Director at Avantera Groton, as she guides crafters to make a mosaic cross. (limited to 20 seats)

- **Fun Facts and Curiosities #5:** Sisters Nella Thompson and Lorna Swenson will take you on a journey of discovery as they share facts and history that led to the creation of The American Experiment: A nation by the people, for the people. Join these life-long learners and witness how God's miraculous power played a roll in shaping our nation.
- **Bible Trivia:** Who fell out of a third story window while listening to Paul preach? Who raised Dorcas from the dead? Discover these facts and more playing Bible trivia in this fun, laid back session.

HUMAN INTEREST

- **Understanding Human Trafficking:** Human trafficking and related sexual exploitation networks operate year-round in communities across the state. Join Gina and Zoe from Safe Harbor as they discuss the importance of being aware and advocates for victims.
- **Homelessness in Aberdeen:** Homelessness is an issue even in our small community. Officer Megan Long with the Aberdeen Police Department will discuss how this issue is affecting Aberdeen and what you can do to help.
- **Aberdeen Foster Closet:** Join Louise Schwab and Sarah Huffman with Aberdeen's Foster Closet to see how you can help children and families that are in the foster care system.

EXPLORATION

- **Preserving Our Past:** Listen as the Dacotah Prairie Museum, the premeir local history center, shares what they offer to the community by preserving local history and offering rotating exhibits.
- **Defensive Driving and Scams:** Join Officer Megan Long with the APD as she discusses important driving techniques and road rules that will help make you a defensive driver. She will also discuss some of the latest scams that are targeting seniors.
- **Finding Rest and Renewal:** Margaret Artz will discuss the benefits of the Abbey of the Hills Inn & Retreat Center - A place rooted in prayer, hospitality and community. It welcomes guests for retreats, group gatherings, family celebrations, and moments of renewal.
- **Safe Harbor:** Join Gina and Zoe to discover how you can help partner with Safe Harbor in their mission to help empower individuals in a crisis situation.

EVENING PROGRAM FEATURES

TUESDAY: Hymn Sing; Speaker

WEDNESDAY: Hymn Sing; Speaker

THURSDAY: Hymn Sing; Speaker

Aberdeen Alliance Church will not be having our regularly scheduled Hymn Sing on Sunday, August 30. Please join us for Senior Moments and enjoy the Hymn Sings each night!

“SENIOR MOMENTS”

CELEBRATING THE GOLDEN YEARS

REGISTRATION FORM

Please complete and send this form by September 1 to:
Aberdeen Alliance Church, 1106 S. Roosevelt, Aberdeen SD, 57401

NAME(S) _____

STREET _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL _____

EMAIL _____

EMERGENCY CONTACT: NAME _____

PHONE _____

SPECIAL NEEDS, ALLERGIES AND OTHER MEDICAL CONDITIONS (WHEELCHAIRS, WALKING DIFFICULTIES, FOOD REQUIREMENTS, ETC.):

I / WE WILL BE ATTENDING...

Complete column one for a single person and both columns for a couple.

- ☐ ☐ 6:00 pm meal on Tuesday, Sept. 8
☐ ☐ 6:00 pm meal on Wednesday, Sept. 9
☐ ☐ 6:00 pm meal on Thursday, Sept. 10
☐ ☐ Seminars indicated on the back of this form.