

REGISTRATION FORM:

Name _____

Address _____

Phone _____

Email _____

Cost: 250.00 per person in double room. 280.00 for single room. 25.00 discount for first timers. 125.00 due at time of registration. Balance due Sunday, September 18, 2017. Make checks payable to "First Chinese Baptist Church."

Need transportation

I am driving and can take _____ additional person (s)

Food allergies _____

If you are interested in carving a pumpkin (afternoon activity), please check the space below, as materials must be purchased in advance

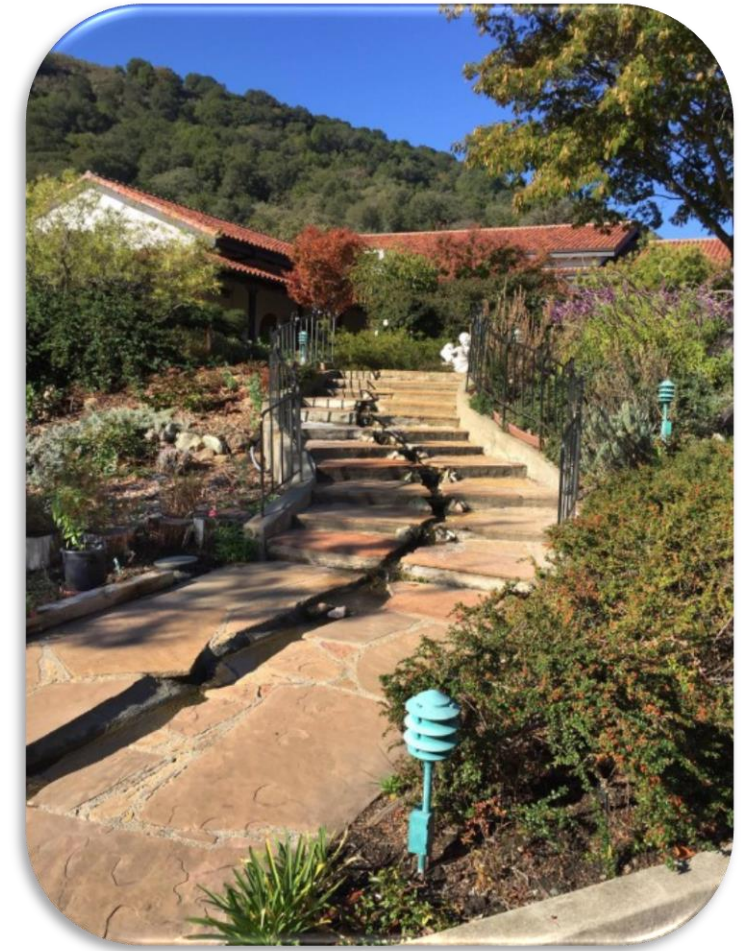
I am interested in carving a pumpkin; please purchase a pumpkin for (cost=\$5.00)

Further instructions will be sent to you in September before the retreat; thank you

Return this form to Joel Jang, registrar, in person, or by mail, 2575 Maraschino Court, Union City, California 94587-4920



The FCBC SENIOR RETREAT



"Developing Habits for Christ"

October 3-5, 2017
Tuesday lunch to Thursday lunch
San Damiano Retreat Center



Guest Leader:
Charles Vella,
Ph.D.

Dr. Vella is a retired Neuropsychologist from San Francisco Kaiser and currently an extensive volunteer lecturer on mental health issues...and an avid and talented pumpkin carver!

Master pumpkin carver will show us to create our own special pumpkin.



Guest Leader:
Raymond Tom,
Ed.D

Director Emeritus, Tai Chi Chuan Institute of Stockton.

Ray Tom will introduce us to the Chinese exercise Qigong. This Simplified Tai Chi Chuan Qigong 18, developed by Ray Tom, includes elements of the Sun Style Tai Chi Chuan and elements from Tai Chi Chuan Qigong, along with a series of exercises that stretch the entire body. A relaxation response will also be included.

- The Retreat will be held at San Damiano Retreat Center in Danville.
- We will be housed in motel-like facilities, with private bath and two single beds in each room. Bedding and towels are supplied.
- Any person needing assistance in daily living should be accompanied by a helper.
- The registration fee covers housing and seven meals. Space is limited; so we recommend registering as early as possible.
- Transportation: Car pool where possible. If you need transportation, please so indicate on the registration form.
- Questions? Contact registrar Joel Jang at (510) 386-2211 or Joeljang2@sbcglobal.net
- **Directions to San Damiano Retreat Center in Danville (710 Highland Dr. Danville, CA 94526)** from San Francisco: Take I -80 E/Bay Bridge ramp to Oakland. Take interstate 580 E exit toward CA – 24/Hayward/Stockton. Continue onto I-580. Take exit CA -24 E toward Walnut Creek. Take exit 15A to merge onto I-680 S. Take exit 39 for Diablo Rd toward Danville. Turn left onto Front St. Turn right onto E. Prospect Ave. Slight left onto Highland Dr.

Planning Team:

George Lai, Joel & Linda Jang, Anna Wong, Byron Chan, Victor & Melanie Low

Dear Friends:

We are all creatures of habit. Most of the things we do daily are done habitually on the subconscious level; otherwise we would not be able to get through the day if we had to make decisions about everything we do. On the other hand, there are some habits we can learn to control, those which would enhance our lives.

In this year's retreat we will be dealing with and learning how to develop our physical, mental, and spiritual habits. On the physical level we will be doing Tai Chi and Qi Gong led by Ray Tom, and **Melanie Low** will lead exercises developed by National Institute for Health and Betsy Martini. **Linda Bergeon**, our senior interim pastor will help us sharpen up our spiritual habits. **George Lai** will help us learn how to keep habits.

Then there are the usual sharing, singing, fellowshiping, worshipping, bird watching, arts and crafts, even pumpkin carving led by Dr. Charles Vella.

We believe this year's retreat will be just as exciting and inspirational as any year (maybe more), but its outcome depends on all who participate. Won't you join us this year?

See reverse side for registration information