



REGISTRATION FORM

“Meet and Greet”

FCBC Seniors Retreat

Tuesday, October 5, 2021, 10:00 am to 1:00 pm

San Mateo Central Park (Picnic Area 3)

50 E 5th Avenue, San Mateo, CA 94401

For Directions: San Mateo Central Park website

YOUR NAME_____, **Phone**_____, **Email**_____

I can pick up __ persons, I need a ride__, phone Linda at 1510-386-2212

Please email form to JoelJang3@gmail.com by September 25. (or text 1510-386-2211)

WHAT TO BRING: Your lunch, lawn/beach chair, hat, (face mask)

PARKING: Street or garage

ACTIVITIES:

- . In person gathering and greeting, outdoors
- . Qigong led by Ray Tom (10:00 to 10:15 am)
- . John Chuck to autograph and comment on his new book “Pearls from the Practice of Life,” followed by Q&A. Bring your “Pearls” or receive a complimentary copy from FCBC per attendee family.
- . Small group conversations (Picnic area 3 reserved, with 6 outdoor tables)
- . Lunch, a la picnic style
- . Tour the park attractions on your own, before 10 or after 1.

Retreat Planning team: Melanie / Victor Low, George Lai, Steve Lessler, Anna Wong, Linda / Joel Jang, Pastor Sebastian Ong