

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-mail address: _____
 Phone: _____

Please complete and return this registration form along with your \$10.00 check, made payable to Pasquotank County Farm Service, by October 7, 2016.

Return to: NC Cooperative Extension
 Pasquotank County Center
 Ellen Owens
 Post Office Box 1608
 Elizabeth City, NC 27909

Please mark your 1st & 2nd choice for Session I & Session II. Otherwise your classes will be assigned. Space is limited.

Session I: 10:15 a.m. to 11:15 a.m.
 _____ Snacking the Mediterranean Way
 _____ Cooking for 1 or 2
 _____ Stretching Your Food Dollar
 _____ Sit and Be Fit

Session II: 11:15 a.m. to 12:15 p.m.
 _____ Estate Planning
 _____ Take Care of Your Feet for a Lifetime
 _____ Medicare 101: Insurance Update
 _____ Sit and Be Fit

Registration is on a first-come, first served basis with a maximum capacity of 150. Registration is transferable but non-refundable. NO registrations will be accepted at the door or after the deadline.

**Directions to the NC Cooperative Extension
 Currituck County Center**

FROM PASQUOTANK COUNTY:

Follow US 158 East through Camden County. Bear to your right and continue on with US 158 East (also known as Shortcut Road). Travel 8.7 miles. Turn left on Aviation Parkway before Central Elementary School and then left on Community Way to park in the front parking lot.

FROM VIRGINIA:

Travel on US 168 East to Barco. At the traffic light turn right onto US 158 West. Travel 2 miles then turn right on Aviation Parkway past Central Elementary School and then left on Community Way to park in the front parking lot.

FROM DARE COUNTY:

Travel on US 158 West to Barco. At the traffic light turn left onto US 158 West. Travel 2 miles then turn right on Aviation Parkway past Central Elementary School and then left on Community Way to park in the front parking lot.

SPONSOR

North Carolina Cooperative Extension Service



Camden, Chowan, Currituck, Dare, Gates, Hertford, Pasquotank, Perquimans, and Tyrrell County Centers

North Carolina State University & North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.

**Thank You to The
 Senior's Health Insurance Information Program (SHIIP)
 in the Following Counties:**

Camden, Chowan, Currituck, Pasquotank, Perquimans, Tyrrell



**Aging With Gusto
 Conference
 "Senior Prom 2016"**

**October 13, 2016
 9:30 a.m. to 2:00 p.m.
 NC Cooperative Extension
 Currituck County Center
 120 Community Way
 Barco, North Carolina**

**“Aging With Gusto”
October 13, 2016**

“Aging With Gusto” is a program that will help you be the best you can be. You will learn about health trends that can help you live your life to the fullest, financial information that will enable you to make educated choices and other topics that will keep you up to date on what is happening in the world around you. **OUR 2016 Theme is: SENIOR PROM AND WE WILL BE CROWNING A KING AND QUEEN. Come Join us...**

AGENDA

9:30 a.m. Registration – Hospitality

10:00 a.m. Morning Welcome

2016 Aging With Gusto Chairperson
Jewel Winslow, Extension Director,
Perquimans County

Hostess for the Day
Olivia Jones, Extension Agent, FCS
Currituck County

10:15 a.m. Workshop Session I

11:15 a.m. Workshop Session II

12:15 p.m. Raffle Closes

12:30 p.m. Lunch

12:45 p.m. Entertainment

1:45 p.m. Door Prizes & Evaluation

2:00 p.m. Adjourn

WORKSHOP SESSIONS

Session I: 10:15 a.m. to 11:15 a.m.

**Snacking the Mediterranean Way
Olivia Jones, Camden/Currituck FCS Agent**

Find out how to spice up your snacks by putting a Mediterranean style twist on your options. Learn how easy and delicious it is to add nuts and seeds into your diet.

**Simple and Delicious, Cooking for 1 or 2
Dee Furlough, Dare/Tyrrell FCS Agent**

The food network has Rachel Rae and Paula Dean, but Aging With Gusto has the one and only Dee Furlough. Participants will enjoy a show and tell food demonstration and will learn important suggestions for menu planning and downsizing. Party of two... Your table is ready. ☺

**Stretching Your Food Dollar
Jayne McBurney,
Edgecombe/Nash FCS Agent**

Jayne is recognized nationally among her peers for her simple and practical budget management. From the moment retirement begins, the budget becomes limited. Participants will learn solutions to enjoying a meal and keeping the cost under budget.

**Sit and Be Fit
Amy Goudy, Dance Instructor
Hertford, NC**

Learn the benefits of being physically active while seated. Participants will gain tips on improving muscle tone and stamina by using common household items starting with the chair.

Session II: 11:15 a.m. to 12:15 p.m.

**Estate Planning
Megan E. Morgan, Attorney at Law
Moyock, NC**

Learn how estate plans can protect your assets, recommend guardians, specify your wishes regarding medical treatment, delineate what property goes to whom, and make arrangements for your affairs in the event you should become incapacitated.

**Take Care of Your Feet For a Lifetime
Waynette Speight, BSN, RN, CDE
Diabetes Program Coordinator
Albemarle Regional Health Services**

Do you want to avoid serious foot problems that can lead to a toe, foot, or leg amputation? Come learn how to take care of your feet for a lifetime. It's all about taking good care of feet.

**Medicare 101: Basic Info Update
Melinda Munden,
NC Senior Health Insurance Information Program**

Part A? Part B? Part C? Part D? Doughnut Holes? Nothing seems simple anymore when it comes to Health Insurance. Participants will learn how to make the complex topic less stressful just by hearing a fresh perspective.

**Sit and Be Fit
Amy Goudy, Dance Instructor
Hertford, NC**

Learn the benefits of being physically active while seated. Participants will gain tips on improving muscle tone and stamina by using common household items starting with the chair.

100 copies of this public document were printed at a cost of \$ 10.00, or \$.10 per copy.