

REGISTRATION FORM

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

I have enclosed:

- ☐ Registration fee of \$20 ☐ I need a scholarship and will call Zoe at (828) 277-8288
- ☐ Additional donation of \$ _____ ☐ I need accommodations and will call Zoe at (828) 277-8288
- ☐ Please contact me about future events

Advanced registration is required. Please detach and mail to:
Council on Aging of Buncombe County, 46 Sheffield Circle, Asheville, NC 28803
Checks and money orders can be made payable to same address.



46 Sheffield Circle
Asheville, NC 28803

SUCCESSFUL AGING 2016

Registration is due August 29th!



THE COUNCIL ON AGING
OF BUNCOMBE COUNTY
PRESENTS

Successful Aging

2016

SEPTEMBER 7 • AT THE REUTER
CENTER (HOME OF OLLI) AT UNC
ASHEVILLE

1 CAMPUS VIEW ROAD
ASHEVILLE, NC 28804

Successful Aging Schedule

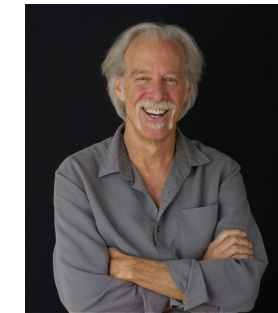
9:00-9:30AM Registration

9:30-9:40AM Welcome & Introduction

9:40-10:25AM Gregg Levoy, Keynote:

Vital Signs: The Nurture of Passion as We Age: An affirmative approach to aging understands that new parts of us are always clamoring for airtime, the soul and spirit don't "retire" even if our careers do, and there's a difference between getting older and *growing* older. In this Keynote, we'll explore how to continually reinvent ourselves and stay close to our deepest sense of passion and purpose.

Gregg Levoy



Author of *Vital Signs: Discovering and Sustaining our Passion for Life* (Penguin)—among Amazon's Top-100 books on aging—and the bestseller *Callings: Finding and Following An Authentic Life* (Random House), is the former "behavioral specialist" at *USA Today* and a regular blogger for *Psychology Today*.

www.gregglevoy.com

10:30-10:45AM EMMA Exercise

11:00AM-12:00PM Session 1 Classes

12:15-1:00PM Lunch

1:15-2:15PM Session 2 Classes

2:30-3:30PM Session 3 Classes

A daylong event for older adults, caregivers, and anyone who are interested in aging successfully!

Session I

11:00AM-12:00PM

1. Making the Most of your Footwear

Aaron will present lacing methods, OTC orthotics, socks, & functional fit tips to help make your footwear the most comfortable they can be! *Aaron Saft, Foot Rx*

2. Laughter Yoga

We don't rely on humor or jokes. Instead, we laugh because it feels good and is good for us! Join us and laugh for the health of it, ho-ho-ha-ha-ha! *Stephanie Stewart, Aging Program Specialist, Land of Sky*

3. The Room is Spinning!

How to Bring Balance to Your Life

Discover why some people experience vertigo, dizziness, and balance impairments and how simple treatments can correct these problems to reduce the risk of falling. *Brad Basch, PT, DPT , Cornerstone Physical Therapy*

4. Chair Yoga

In yoga, the chair has wonderful things to offer, and in this class we will explore poses in an accessible way. This therapeutically oriented class will move from head to toe stopping along the way to care for our shoulders, back, hips, and more. *Rebecca Holmes, YMCA*

5. News from the Universe

Join us for an exploration of the latest news from the world of astronomy. Steve will discuss the “science behind the headlines” and answer questions about the latest topics of interest or anything else related to astronomy, so come with your curiosity, wonder, and questions about the universe! *Stephan Martin, Astronomer*

6. Finding Meaning in Retirement: Men's Wisdom Works-Groups for Men in Transition

Aging and retirement often pack a wallop for men. Chuck Fink founded discussion groups for older men, Men's Wisdom Works. This class reflects discussions similar to MWW group discussions. *Chuck Fink*

Session II

1:15-2:15PM

1. Sustaining Your Passion for Life— PART 1 of 2*

What inspires passion in your life? And what defeats it? In this hands-on workshop, you'll explore how to cultivate passion as a mindset—a *stance*—that brings vitality to *all* your engagements. Through self-reflective questions, discussion and small-group work, you'll come away with greater clarity about what your life-force wants from you. ***Please sign up for both sessions 1 and 2 and bring pen and paper.** *Gregg Levoy, Author*

2. Your Daily Dose of Fun

A presentation on why play is not just for kids. Learn how to reclaim our childlike wonder to improve our memory, mood and overall well-being throughout our lives. *Ginny Hunneke & Jennifer Maurer, The Fun Conspiracy*

3. Identifying and Avoiding Scams

Learn the nature of scams and how to recognize the warning signs, take appropriate action if you become the victim of fraud, and build protective barriers against scams. *Perry Hendrix, SVP Asheville Savings Bank*

4. Enhanced Fitness Demo

EnhanceFitness is an evidence based senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. *Diane Saccone, YMCA*

5. Having the Conversation: Advance Care Planning for You and Your Family

When it comes to end-of-life care having conversations about personal goals and values can make all the difference. In this session you'll learn what to talk about and how to navigate these difficult topics. *Dylan Babb, MFA CarePartners*

6. The New Retirement. Are you ready to navigate it?

Retirement now represents an opportunity – a new career, the chance to go back to school, time for travel and exploration. With this opportunity comes the big challenge – how do you make it happen? *Nicole Ferrell, Financial Advisor, Keller Feller Merrill Lynch*

Session III

2:30-3:30PM

1. Sustaining Your Passion for Life— PART 2 of 2*

What inspires passion in your life? And what defeats it? In this hands-on workshop, you'll explore how to cultivate passion as a mindset—a *stance*—that brings vitality to *all* your engagements. Through self-reflective questions, discussion and small-group work, you'll come away with greater clarity about what your life-force wants from you. ***Please sign up for both sessions Part 1 and 2 and bring pen and paper.** *Gregg Levoy, Author*

2. Get Your Game On: Let's Play

Take a recess from responsibilities and “play” attention to your creative impulses and need for joy in this hands (and feet)-on, fully interactive play shop. *Ginny Hunneke & Jennifer Maurer, The Fun Conspiracy*

3. Can meditation help us find our Basic

Goodness? Learn how you can meditate with nothing to fix, moving through confusion into gentleness and compassion. Sharing Q&A, and meditation instruction. *Linda Greenup, Asheville Shambhala Meditation Center*

4. You CAN Be A Smarter Driver!

Updates on how your health affects your driving skills, and how improved automotive technology and road design can keep you safe behind the wheel. *Judith Domer, Driver Safety Instructor*

5. Let's Talk About Steps (for Fall Prevention)

Everyone does it, no one likes to talk about it. However, fall related injuries are a real problem. Don't be scared, be prepared! Be proactive. *Ayden Jones, Falls Prevention Programs Project Manager, NC Center for Health & Wellness*

6. Estate Planning Basics

Wills! Trusts!! POA's!!! What does it take to create a coherent estate plan? This class reviews laws and documents that may affect us or our loved ones upon a death or incapacity. (Educational, not legal advice.) *Mary Robinson, Attorney, Roberts & Stevens, P.A.*

REGISTRATION FORM

A ticket is \$20 and includes one class during each of the three session and lunch.

Choose one class for each session below. Please pick an alternative choice for each session as the classes may fill up. Please be sure to fill out both sides of this form and mail to:

Council on Aging of Buncombe County , 46 Sheffield Circle, Asheville, NC 28804

Session I (11:00AM-12:00PM)	My 1st choice	My 2nd choice
Session II (1:15PM-2:15PM)	My 1st choice	My 2nd choice
Session III (2:30PM-3:30PM)	My 1st choice	My 2nd choice

Registration is due August 29, 2016. You may also register online with a valid credit card at coabc.org

I understand there will be a photographer on site at Successful Aging 2016 and any photographs will be used solely by the Council on Aging of Buncombe County, Inc. in supporting printed publication, e-brochures, online, on corresponding social media outlets for the organization. ☐By checking here, I DO NOT agree to be photographed.