Zame:	
Address:	Please (
	payable
City:State:Zip:	Service
E-mail address:	Return t
Phone:	
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 11:00 a.m.	Session II:
Herb Cooking	Prun
Historic Farming	Con
Respecting Choices	F000
Chair Exercises	Cho

Pasquotank County Center Ellen Owens Post Office Box 1608 Elizabeth City, NC 27909

1:15 a.m. to 12:00 p.m.

ainer Gardening

ir Exercises

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

complete and return this registration ng with your \$12.00 check, made

by September 17, 2018

to Pasquotank

<u>SPONSORS</u>			
NC	COOPE EXTE	RATIVE NSION	
	A&T NIVERSITY	NC STATE UNIVERSITY	

Camden, Chowan, Currituck, Dare, 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.

Accommodation requests related to a disability should be made by September 17 to Olivia Jones, 252-232-2261, Olivia_jones@ncsu.edu

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

Camden, Chowan, Currituck, Pasquotank, Perquimans, Tyrrell

Directions to the NC Cooperative Extension Currituck County Center

FROM PASQUOTANK COUNTY:

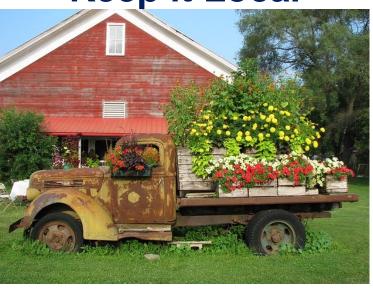
Follow US 158 East through Camden County. Bear to your right and continue on with US 158 East (also known as Shortcut Road). Travel 8.7 miles. Turn left on Aviation Parkway before Central Elementary School and then left on Community Way to park in the front parking lot.

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.

Aging With Gusto Conference

"Keep it Local"



CELEBRATING 350 YEARS OF REGIONAL HISTORY

October 4, 2018 9:30 a.m. to 2:00 p.m. NC Cooperative Extension Currituck County Center 120 Community Way Barco, North Carolina

Aging With Gusto

"KEEP IT LOCAL" October 4, 2018

"Aging With Gusto" is a one day conference that promotes education and healthy living. You will learn about food, nutrition, fitness, gardening and become more knowledgeable about your physical and fiscal well-being. OUR 2018 Theme is: Keep It Local... with a special tribute to the 350th year celebration in our area. If you have a vintage costume, come dressed for the occasion.

AGENDA

AGLINDA				
9:30 a.m.	Registration – Hospitality			
10:00 a.m.	Morning Welcome			
	2018 Aging With Gusto Chairperson Hostess for the Day Olivia Jones, Extension Agent, FCS Currituck/Camden Counties			
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.

Herb Cooking Olivia Jones, Camden/Currituck FCS Agent Ellen Owens, Pasquotank County Director, FCS

Ditch the salt and learn to use fresh herbs and spices to liven up your dinner. Pairing food with the right herbs and spices can be tricky. Try several recipes and find a new way to prepare your favorites dishes.

Historic Farming Nelson Edmondson and Charlene Staples Island Farm on Roanoke Island

Embrace the past and spend the morning with historical characters as they demonstrate agricultural tools of the century. They will also show how our ancestors prepared and preserved food before microwaves, refrigeration and other modern conveniences. The past will come to life in this presentation.

Respecting Choices Gail Spiewak, Chowan County SHIIP Coordinator

Everybody is different. Everybody has different ideas about their wishes should they not be able to communicate for themselves. It's not enough to write a will and consider it done. Advanced directives, such as living wills and health care power of attorney, are not just legal matters but provide opportunities to communicate and talk about the hard issues before they become a reality. It takes more than a signature on a paper to help with the coping process. Learn talking tips about how to discuss these matters with your loved ones and physicians.

Sit and Be Fit Chair Exercises Amy Tinsley, 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.

Pruning Katy Shook

Area Horticultural Agent, Chowan/Gates/Perquimans Help your plants AGE WITH GUSTO ©! Learn correct pruning techniques for your landscape. Whether you're doing the work, or having someone hired, make sure you're getting the right cut, in the right place, at the right time.

Container Gardening Shannon Brooks Dare County Extension Director

Rethink how you could repurpose old baskets, shoes, colorful buckets, crockery, and garage items for a new use in your garden. Repurposing simple items for container gardening is a chic way to bring charm and color to any garden, porch or home. This Do-It-Yourself workshop is complete with supplies, tutorials, ideas and resources to create your own unique item to take home.

Food Preservation Regina Moseley, Nash/Edgecombe FCS Agent

Why is canning called canning when we use jars? This workshop will teach you the basics of canning, the difference between water bath canning and pressure canning, and safety issues associated with canning. Learn the history of canning and prepare a quick jam.

Sit and Be Fit Chair Exercises Amy Tinsley, 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