

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

Please complete and return this registration form along with your **\$12.00 check**, made payable to **Pasquotank County Farm Service**, by **September 22, 2017**.

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.

- _____ Planned Overs
- _____ Cooking for 1 or 2
- _____ Getting to Know Your Ag Agent
- _____ Sit and Be Fit

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

- _____ Square Dancing Lessons
- _____ Diabetes Busters
- _____ Medicare 101: Insurance Update
- _____ Local Foods – Healthy Eating

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.



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 “Down on the Farm”



October 5, 2017
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 5, 2017**

“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 2017 Theme is: DOWN ON THE FARM... and our attire for the day will be denim and red bandana attire. As they say in the country...“Ya’ll come!”**

AGENDA

9:30 a.m. Registration – Hospitality

10:00 a.m. Morning Welcome

2017 Aging With Gusto Chairperson
Mary Morris, Extension Director,
Chowan 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.**

Planned Overs

Olivia Jones, Camden/Currituck FCS Agent

Do you find yourself buried in leftovers? Do you throw out food you never got to, and could not identify? A few simple planning steps can help alleviate some of these problems. Join us for a crash course in how to plan for leftovers. We will explore creative ways to use leftovers in other recipes and how to be more efficient with our cooking time.

**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. ☺

**Getting to Know Your Ag Agent
Austin Brown
Camden Agricultural Agent**

Did you know that agriculture is North Carolina’s *largest* industry, with an *economic impact* that now stands at \$84 billion? If you ever saw the 1960’s TV show Green Acres you may have laughed at Mr. Hank Kimball as he portrayed an absent-minded “COUNTY AGENT” - trying to teach a city man to farm. This session will show how “real” Ag Agents work with farmers (and families) to promote farm to fork mentality.

**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.

**Square Dancing Lessons
Steve Casper, of THE ONLEY PLACE
Belvidere, NC**

In the 1980’s, President Reagan recognized square dancing as a great form of exercise which fosters good health among Americans. In 1997, North Carolina adopted this as our official state dance. Come learn how to do-si-do and swing your partner.

**Diabetes Myth Busters with a Local Foods
Twist
Ellen Owens
Pasquotank County Extension Director**

Diabetes can cause long term complications including damage to heart, brain and blood vessels; however, with proper control these complications can be avoided. This class will help participants dispel some of the myths associated with diabetes. Participants will also get to try some tasty dishes made from local foods that can fit into a diabetic diet.

**Medicare 101: Basic Info Update
Gail Spiewak
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. Medicare Part D Open Enrollment is October 15- December 7. Time to review your drug coverage plan! Participants will learn how to make the complex topic less stressful just by hearing a fresh perspective.

**Local Foods – Healthy Eating
Master Gardener Volunteer**

Where do you go to find good produce in your community and why shop at the local country store? As the song goes... “Old MacDonald had a farm...L.O.C.A.L.” Come see how to find good food in the neighborhood.