

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-mail address: _____
 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.
 _____ Herb Cooking
 _____ Historic Farming
 _____ Respecting Choices
 _____ Chair Exercises

Session II: 11:15 a.m. to 12:00 p.m.
 _____ Pruning
 _____ Container Gardening
 _____ Food Preservation
 _____ Chair Exercises

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.

Please complete and return this registration form along with your **\$12.00 check**, made payable to **Pasquotank County Farm Service**, by **September 17, 2018**.

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



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

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 SHIP 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

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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