

In partnership with:

Presented by:

Monona Terrace Community and Convention Center

8:00 a.m. - 3:30 p.m.

Wednesday, March 24, 2010



6th Annual

St. Mary's Hospital  
700 S. Park Street  
Madison, WI 53715



Madison Senior Center



St. Mary's  
GOLDEN CARE®



Non-Profit  
U.S. Postage  
PAID  
Madison, WI  
Permit No. 1294

## Full Speed Ahead After 50

A positive and fun event that focuses on active and healthy lifestyles for everyone age 50 and older.

### Day at a Glance

- 8:00 - 11:30** Registration  
Exhibitors  
Health Screenings  
Volunteer Info  
Wii Gaming Experience
- 8:15 - 8:45** Drop-in Tai Chi
- 9:00 - 10:30** Drop-in Line Dance
- 10:30 - 11:15** Drop-in Zumba
- 10:30 - 11:30** Monona Terrace Tour
- 11:45 - 12:45** **Sit-down Lunch Entertainment**  
PianoFondue is a high-energy interactive piano show that has a unique blend of musical styles and an extensive repertoire.
- 1:00 - 2:00** **Session One Workshops**
- 2:00 - 2:30** **Smoothie/Dessert Break**
- 2:30 - 3:30** **Session Two Workshops**

### Master of Ceremonies



Sarah Carlson  
NBC15, Morning Show Anchor

### Entertainment



PianoFondue

### Health Screenings and Displays

- Bladder consultation
- Blood pressure check
- CPR/AED (Automated External Defibrillator) display
- Eye pressure screening
- Falls – “Get Up and Go” test
- Microdermabrasion demonstration
- Nutrition display
- Osteoporosis consultation
- Sleep evaluation
- Sun exposure screening
- Total cholesterol – HDL and blood sugar  
(\$15 at show. Fasting for 1 to 4 hours is suggested.)
- UV protection for eyeglasses and lens cleaning
- Weight management information and tips

Provided by:




Dean & St. Mary's  
Health Works

Davis Duehr Dean  
Excellence In EyeCare

St. Mary's  
HOSPITAL

### 2009 Event Photos



| SESSION ONE 1:00-2:00pm          |   |   |  |  |   |   |                                     |                            |  |   |                                  |  |                           |                                      |
|----------------------------------|---|---|--|--|---|---|-------------------------------------|----------------------------|--|---|----------------------------------|--|---------------------------|--------------------------------------|
| SESSION ONE<br>Workshop Choices: | #1<br>Adult Self Defense<br>(W)                                     | #2<br>Bike Fitness, Safety and Repairs<br>(L)  | #3<br>Pilates<br>(W/F)                     | #4<br>How to Grow a Blue-Ribbon Garden<br>(L)  | #5<br>International Crane Foundation<br>(L) | #6<br>Intro to Internet Buying and Selling<br>(L) | #13<br>Baby Boomer Boot Camp<br>(W) | #14<br>Drums Alive®<br>(W) | #15<br>Ask the Nutrition Expert<br>(L)   | #16<br>Strength Training<br>(W)  | #17<br>Saavy Spine Care<br>(L/W) | #18<br>Get a Good Night's Sleep<br>(L) | #19<br>Techno Talk<br>(L) | #20<br>Yamuna® Body Rolling<br>(W/F) |
|                                  | <b>WORKSHOP KEY: (L) Lecture (W) Workout (F) Conducted on Floor</b> |   |  |  |   |   |                                     |                            |  |   |                                  |  |                           |                                      |
| SESSION TWO 2:30-3:30pm          |   |   |  |  |   |   |                                     |                            |  |   |                                  |  |                           |                                      |
| SESSION TWO<br>Workshop Choices: | #7<br>Belly Dance<br>(W)  | #8<br>Yoga<br>(W/F)                            | #9<br>Frank Lloyd Wright's Taliesin<br>(L) | #10<br>Prevent Garden Pest Damage<br>(L)   | #11<br>UW IceCube Project<br>(L)            | #12<br>eBay Fundamentals<br>(L)                   | #13<br>Baby Boomer Boot Camp<br>(W) | #14<br>Drums Alive®<br>(W) | #15<br>Ask the Nutrition Expert<br>(L)  | #16<br>Strength Training<br>(W)   | #17<br>Saavy Spine Care<br>(L/W) | #18<br>Get a Good Night's Sleep<br>(L) | #19<br>Techno Talk<br>(L) | #20<br>Yamuna® Body Rolling<br>(W/F) |

### Session One Workshop Choices

- Adult Self Defense** Learn awareness techniques, defensive moves and escape methods to protect yourself from threatening situations. Taught by Dick Thompson, 8th Degree Black Belt.
- Bike Fitness, Safety and Repairs** An expert from Machinery Row Bicycles will discuss bicycle fitness and share safety tips including the proper fit for a helmet. Also learn how to make minor bike repairs so you can enjoy the great outdoors while riding your bike safely.
- Pilates** Develop core strength and stabilization. Improve muscular strength, endurance, flexibility, posture and alignment. Janelle Heckendorn, Northeast YMCA Health & Fitness Director, will show modifications to all poses.
- How to Grow a Blue-Ribbon Garden** By knowing and providing the optimum requirements for each plant, your garden can be all you hoped for. Taught by Wayne Vandre, Professor Emeritus of Horticulture, University of Alaska.
- International Crane Foundation** The whooping crane is on the verge of a comeback after nearly becoming extinct. A reintroduction project is underway to restore a migratory flock to eastern North America. Discover how the cranes are raised and taught their new migration route via ultralight aircraft, and learn about worldwide efforts to conserve cranes and the ecosystems they depend on. Taught by Joan Garland, ICF.
- Intro to Internet Buying and Selling on Websites** This workshop provides a brief overview and comparison of the basic features and benefits of eBay, Craigslist, and Madison Stuff Exchange for on-line buying and selling. Taught by Cris Carpenter, HouseCall Computer Services.

### Session Two Workshop Choices


- Belly Dance** A fun way to strengthen your core muscles and improve flexibility. Tap into the strength spirit while making the mind/body connection to feel better physically and mentally. Taught by Seana Dishun, East YMCA.
- Yoga** Learn the foundations of Yoga poses, breath-work, and relaxation. Janelle Heckendorn, Northeast YMCA Health & Fitness Director, will teach you how to create warmth and energy in the body through a series of flowing poses.
- Frank Lloyd Wright: Preserving the Work of a Lifetime** Take a historic look at the evolution of the Taliesin estate and find out what is being done to preserve the legacy. Carol Johnson, President, and Keiran Murphy of Taliesin Preservation, Inc. in Spring Green will present.
- Techniques to Prevent Garden Pest Damage** Disease, insects, weeds and other garden pests can be easily prevented or defeated by having knowledge of their lives and vulnerabilities. Taught by Wayne Vandre, Professor Emeritus of Horticulture, University of Alaska.
- UW IceCube Project** Led by UW-Madison, scientists and engineers from around the world are transforming a billion tons of natural ultra-transparent Antarctic ice into an astronomical telescope. Francis Halzen, Professor of Physics and Principal Investigator for IceCube, will describe the adventure of building IceCube plus the mysteries scientists hope to solve by fishing for neutrinos in the Antarctic ice.
- eBay Fundamentals** This workshop provides important tips for those who already have some experience with eBay. Become more familiar with eBay, how to find what you are looking for and how to buy and sell more effectively and safely. Taught by Cris Carpenter, HouseCall Computer Services.

### Session One or Two Workshop Choices

- Baby Boomer Boot Camp** Combine fun and fitness to increase your cardiovascular and muscular endurance. Includes strength and cardio intervals for a calorie-blasting workout. A great workout you can do at home. Taught by Julie Logue, Health & Fitness Director, West YMCA.
- Drums Alive®** Improve your physical and mental fitness as you get your feet stomping and body moving through music and rhythm while you beat drumsticks on stability balls. Instructor: Linda Tschillard, East YMCA Fitness Specialist.
- Ask the Nutrition Expert: Diet Trends and Fads** Join Dietician Tammy Fumusa from St. Mary's Hospital as she shares information on the latest diet trends. Find out which ones are good for you and which ones are just fads and should be avoided. Time will be allowed to ask questions.


### Session One or Two Workshop Choices continued

- Strength Training** Tony Stevens, East YMCA Health & Fitness Director, will show you how to use "resistance bands" to strengthen your body.
- Saavy Spine Care** Vince Gonsalves, Physical Therapist at Dean Therapy Center, will teach you body mechanics, basic exercises, and balance exercises to keep you and your spine moving safely full speed ahead into an active future.
- Get a Good Night's Sleep** As we age, our sleep patterns may change. Dottie Love, Sleep Technologist from St. Mary's Sleep Center, will discuss the sleep disorders that develop as we age, their consequences and the treatment available.
- Techno Talk: Facebook & Social Networking** Women over age 55 are the fastest growing population on Facebook. What does it take to get on social networking sites, and what good is it once you get there? Join the conversation with St. Mary's Hospital media expert, Steve Van Dinter.
- Yamuna® Body Rolling** YBR is a practice of rolling the body over specially designed balls in routines that follow the body's natural order. Laura Flanagan, Dean & St. Mary's Health Works, teaches this gentle, yet comprehensive self-therapy that enriches your relationship with your body as you unravel restrictions and blockages of energy caused by the repetitive stresses of daily life.



## REGISTRATION FORM

**Reserve your spot today! • Deadline: March 19, 2010 • Cost per person: \$18**

|                                  |   |
|----------------------------------|---|
| Name* _____                      |  |
| Address _____                    |   |
| City _____ State _____ Zip _____ |   |
| Phone (____) _____               |   |
| Email _____                      |   |

### Workshop Choices

List your preferred choice and an alternate for each session.

Session One Workshop \_\_\_\_\_ Alternate \_\_\_\_\_

Session Two Workshop \_\_\_\_\_ Alternate \_\_\_\_\_

### Lunch Choice

Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_

**Enclosed Payment \$** \_\_\_\_\_  
(Registration Fee is \$18 per person)

Mail registration and check made payable to:  
**Monona Terrace**  
**Attn: Misty Lohrentz**  
**One John Nolen Drive**  
**Madison, WI 53703**

\* For additional registrations, please attach a separate sheet.

If you have questions, please contact Misty at Monona Terrace at (608) 261-4062.

For directions and map, visit [www.mononaterrace.com](http://www.mononaterrace.com)