

7th Annual

FULL SPEED AHEAD



Thursday, March 17, 2011

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

Monona Terrace Community and Convention Center

Presented by:



In partnership with:

Madison Senior Center



St. Mary's
GOLDENCARE®



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 Exhibits, Health Screenings and Displays, Mini Massages, Wii Gaming Experience
- 8:30 - 10:00 Drop-in Line Dance
- 9:15 - 10:15 Drop-in Swing & Salsa
- 10:00 - 10:45 Book Bites: Madison travel writer Mary Bergin discusses her books that showcase the state's culinary offerings. www.roadstraveled.com
- 10:30 - 11:15 Drop-in Zumba
- 11:45 - 12:45 Sit-down Lunch
Sponsored by:  **MGOe**
your community energy company
- Entertainment
Sponsored by:  **Dean**
Partners who care™
- 1:00 - 2:00 Session One Workshops
- 2:00 - 2:30 Smoothie/Dessert Break
- 2:30 - 3:30 Session Two Workshops

Master of Ceremonies



Rob Starbuck
Anchor

Entertainment



Live celtic music by popular group Rigel.

Health Screenings and Displays

- Ask a pharmacist
- Bladder consultation
- Blood pressure check
- Depression screening
- Eye pressure screening
- Falls – “Get Up and Go” test
- Memory loss assessment
- Osteoporosis consultation
- Passenger safety for grandparents
- Peripheral artery disease (PAD) display
- Sleep evaluation
- Total cholesterol – HDL and blood sugar (\$15 at show. Fasting for 1 to 4 hours is suggested.)
- NEW this year - learn the life-saving skill of Compression Only CPR in only 15 minutes



Provided by:



Davis Duehr Dean
Excellence In EyeCare



2010 Event Photos



WORKSHOP SESSION ONE

- # 1 Tap Dance (W)
- # 2 Adult Self Defense (W)
- # 3 Dance Strength (W)
- # 4. Savvy Spine (L/W)
- # 5. So You're Thinking About Dating? (L)
- # 6. Landscape and History in Ireland (L)
- # 7. Skype for Beginners (L)
- # 8. Are You Energy Wise? (L)
- # 9. UW Spotlight (L)
- #10. The Buzz on Honeybees (L)
- #11. Weighty Matters for Generations (L)
- #12. Cardio/Strength Training (W)
- #13. Drums Alive® (W)

WORKSHOP SESSION TWO

- #14 Ice Age Trail (L)
- #15 Digital Photography (L)
- #16. Get Organized! (L)
- #17. Hummingbird Gardens (L)
- #18. Perennials and Beyond (L)
- #19. A Greatest Generation Salute (L)
- #20. Yoga (W/F)
- #21. T'ai Chi (W)
- #22. Get On the Ball! (W)
- #23. Veggies to Vote For and More (L)
- #24. Gadget Guy: Making Sense of Today's Technology (L)
- #12. Cardio/Strength Training (W)
- #13. Drums Alive® (W)

WORKSHOP DESCRIPTIONS

- 1. Tap Dance** Learn some tap moves and see how fun tap dancing can be, not to mention the great fitness benefits you receive from dancing. We will talk about rhythms and explore the classic dances of tap. No tap shoes required. Taught by Ari Kluesner, YMCA Fitness Dance Coordinator.
- 2. 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.
- 3. Dance Strength** Mindful movement with a dance inspired workout using principles from fitness, ballet, and standing pilates that will strengthen the whole body. Taught by Janelle Van Erem, Northeast YMCA Health and Wellness Director.
- 4. Savvy Spine** Melissa Roswold and Hillary Reichardt, Physical Therapists at Dean Clinic, will educate you on proper body mechanics, how to apply proper body mechanics for day to day activities, and basic core and balance exercises to keep you and your spine moving safely full speed ahead into an active future.
- 5. So You're Thinking About Dating?** Do you know what you want? Do you know how to create what you want in your dating experience? Suzanne Kilkus, PhD, Life and Relationship Coach will answer your questions.
- 6. Landscape and History in Ireland** Experience Ireland's long, rich past through the traces left on its landscape. Join author and historian, Mary Magray, PhD, for a visual tour of the hidden gems and celebrated places of Ireland.
- 7. Skype for Beginners** Friends and family all over the world are using Skype to talk "face to face" over the Internet for free. Learn to download and install the software, add a webcam and sound, initiate and answer calls, adjust option settings and other features. Taught by Cris Carpenter, HouseCall Computer Services.
- 8. Are You Energy Wise?** Is replacing windows the best way to save energy? What household devices operate on phantom power? Find out the answers to these and other energy-related questions in this fun, interactive session presented by MG&E.
- 9. UW Spotlight** Invasive species pose a threat to Wisconsin lakes and are among the most irreversible of human impacts. Jake Vander Zanden, Assoc. Prof. of Zoology and Limnology at UW-Madison, will talk about his research on identifying vulnerable lakes, invasion consequences and prevention.
- 10. The Buzz on Honeybees** Jeanne Hansen, President of the Dane County Beekeepers Association, will discuss honeybees – their fascinating lives, cycles of colony decline, their place in history and in our gardens, and the joys of beekeeping as a hobby.
- 11. Weighty Matters for Generations** Grandma's meat, potatoes and a vegetable is a light meal compared to today's mega fast food meal. Peg Schmidt, RN, of Dean Clinic Comprehensive Weight Management Program, will travel through time to help you understand the challenges of nutrition that are affecting our better health and weight management.
- 12. Cardio/Strength Training** Linda Tschillard, East YMCA Health and Wellness Director, will show you how to use "resistance bands" to strengthen your body, with cardio moves to strengthen your heart.
- 13. 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: Bonnie Buchanan, East YMCA Fitness Specialist.
- 14. Ice Age Trail** The Ice Age National Scenic Trail is a thousand-mile footpath in Wisconsin highlighting beautiful landscape sculpted by glacial ice over 12,000 years ago. Learn details about hiking the trail, its history, and see images of its remarkable beauty. Led by Ice Age Trail Alliance volunteers Russ and Clara Marr, who celebrated their 60th birthdays in 2009 by hiking the entire trail.
- 15. Digital Photography** John Lorimer, Professional Photographer and MATC instructor, shares his "Top 10" list to improve your skills - including camera setup and features, picture composition and shooting techniques.

WORKSHOP DESCRIPTIONS CONTINUED

16. **Get Organized!** Got Too Much Stuff? By learning how to divide your household items into five categories, the goal of rightsizing, organizing and decluttering your home becomes reachable! Presented by Lori Chapman, Segues Senior Move Manager.
17. **Hummingbird Gardens** Enthusiasts Michael and Kathi Rock will teach you about hummingbirds and how to attract them. Their garden was featured in Birds and Blooms Magazine and on WI Public Television. Be inspired by their passion and interest in this topic.
18. **Perennials and Beyond** Learn how to use perennials to attract wildlife and add a sense of "Nature" to your yard. Explore perennial trends in the last 100 years. Taught by Keith Rudolph from McKay Nursery Co.
19. **A Greatest Generation Salute** Learn about the Honor Flight Network; the program that flies veterans free of charge to see the memorials created for them in Washington D.C. See what a typical flight entails and hear firsthand what the experience has meant to a local veteran. Presented by Roger Boeker from Wisconsin Department of Veteran Affairs.
20. **Yoga** Learn the foundations of Yoga poses, breath-work, and relaxation. Janelle Heckendorn, Northeast YMCA Health and Wellness Director, will teach you how to create warmth and energy in the body through a series of flowing poses.
21. **T'ai Chi** This martial art has many health benefits. Through slow, mindful movement, increase flexibility, strengthen bodies, restore balance, and create peaceful minds. Taught by Terri Pellitteri, Madison Daoguan.
22. **Get On the Ball!** Physioball classes exercise your whole body. Designed for all ages and abilities, Melissa Roswold and Hillary Reichardt, Physical Therapists at Dean Clinic, will give you a preview on how regular ball exercises can help improve your posture, flexibility, muscle strength, coordination and more – all while having a ball!
23. **Veggies to Vote For and More** In the daily race of life, even food can be your opponent. That's why you need to get the facts about veggies, carbs, sodium and the new 2010 dietary guidelines from St. Mary's dietician, Julie Kreunen. Be an informed eater and claim victory in the dietary voting booth!
24. **Gadget Guy: Making Sense of Today's Technology** Feel like time and technology have passed you by? Sharpen your pencils as News 3's Gadget Guy Steve Van Dinter offers a primer on everything from apps and QR codes with reasons to use them for fantastic freebies that will provide added value.



Full Speed Ahead Registration Form

Reserve your spot today! • Deadline: March 11, 2011 • 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)

Prepaid Parking Pass \$ _____

(Reduced parking rate is \$8 per vehicle)

Total \$ _____

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