

Mark Your Calendar!

Senior Americans Day

2010: An Aging Well Odyssey

Tuesday, March 30, 2010

8:30-3:00 p.m.

University of Wisconsin-Eau Claire

Senior Americans Day is a day of learning designed for adults 55 and better. Join us for a positively ageless adventure! Please forward this notice to a friend.

FEATURING

Keynote Address: **“Navigating Through the Obstacle Course of Life”** with
Father Lawrence Dunklee, Director of the Center for Spiritual Care, Sacred Heart Hospital, Eau Claire

More than 40 workshops to invigorate and educate including:

- Zumba Fitness Techniques
 - The Musical Legacy of the Vietnam War
 - Gluten Free Living
 - Flower Arranging
 - Cars from WWII to 1960
 - Boost Your Noodle
 - Fall Fashion Tips
 - Lakes of Wisconsin
 - Dating Again
 - Card Making
 - Estate Planning
 - Do it Yourself Home Repairs
 - Science Detectives
 - Macular Degeneration
 - Wine Tasting and Food Pairing
 - Teaching English Abroad
 - Quilting
 - A History of Chocolate
 - Wolves in Wisconsin
 - Astronomy
 - The Art of Book Collecting
 - Dancing
 - Sexy, Smart & Strong Fitness Program
 - Using Technology to Stay Connected
 - Eau Claire's Baseball History
 - Knitting
- and many more*

Entertainment by the Eau Claire Male Chorus

Door prizes

Continental breakfast and lunch

Brochure with complete workshop descriptions and registration information will be mailed in late January. Or, check it out on-line beginning in late January at www.uwec.edu/ce/enrichment/seniors/index.htm.

For more information contact Continuing Education

PHONE 715-836-3636 / toll-free 866-893-3423

E-Mail ce@uwec.edu

Web www.uwec.edu/ce/enrichment/seniors/index.htm