

FREE EVENT!!

Name: _____

Address: _____

Email: _____

Telephone: _____

Workshops are offered during two time slots on a first-come, first-serve basis: 9:15-10:00am and 10:10 - 10:55am.

Please select a FIRST and SECOND choice for each time.

9:15am - 10:00am

Container Gardening _____

Chair Pilates _____

What Are Your Five Wishes? _____

10:10am - 10:55am

Aging in Place _____

Nutrition for Healthy Aging _____

Mastering Your Mobile _____

Registration forms can be mailed to Jennifer Brown 125 Oxford Outer Loop Rd., returned to the Granville County Senior Center OR register online.

Scan QR code or visit go.ncsu.edu/gusto



Sponsored By

NC Cooperative Extension Service
Granville County Center

Granville County Senior Center

Granville County Extension Volunteer Association (EVA)

CONTACT

Jennifer Brown, Extension Agent



NC Cooperative Extension
Granville County Center
jennifer.brown@ncsu.edu
919-603-1350



Angela Wright, Assistant Director



Granville County Senior Center
angela.wright@granvillecounty.org
919-693-1930



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AGING WITH GUSTO



POWERED BY CONNECTION: MAY 2024

MAY 21, 2024

Granville County Senior Center
107 Lanier Street
Oxford, NC 27565

AGING WITH GUSTO TUESDAY, MAY 21, 2024

This event will help you be the best you can be, learning about health trends that can help you live your life to the fullest and other topics that will keep you up to date on what is happening in the world around you.

AGENDA

- 8:30 a.m. Registration Starts
Visit Vendor Booths
- 9:10 a.m. Greetings
- 9:15 a.m. Workshop Session 1
- 10:10 a.m. Workshop Session 2
- 11:00 a.m. Door Prizes & Evaluation
- 11:30 a.m. Closing & Adjourn



WORKSHOPS OFFERED 9:15 AM – 10:00AM

CONTAINER GARDENING JOHNNY COLEY, HORTICULTURE AGENT

More and more people are planting container gardens! Come learn why individual's container garden, what can be grown in container gardens, and how to successfully grow ornamental or edibles in containers.

CHAIR PILATES LORETTA WILKINS, PERSONAL TRAINER

Pilates promotes the mobility and strength of all the major muscle groups in the body, with a key focus on the deep core muscles. In this session we'll learn ways to strengthen our core using a Pilates focus – all from our chair!"

WHAT ARE YOUR FIVE WISHES? COLE VOORHIES, LEGAL AID NC

Five Wishes is an easy-to-use legal advance directive document written in everyday language. It helps all adults, regardless of age or health, to consider and document how they want to be cared for at the end of life.

WORKSHOPS OFFERED 10:10 AM – 10:55AM

AGING IN PLACE SUSAN TUCKER, AGING SPECIALIST KERR TAR AREA AGENCY ON AGING

Simple home modifications can help you age in place and allow you the ability to continue to live in your home. Learn steps on how to make simple and cheap modifications to your home to do just that.

NUTRITION & LIFESTYLE FOR HEALTHY AGING LORETTA WILKINS, NUTRITION COACH

Do you know why your gut health matters? Why it is important to move more? Join us for this session to learn the answers to these questions! Come learn about the power of plants and the Core 4 lifestyle habits for health.

MASTERING YOUR MOBILE TAYLOR CRUMPLER, FAMILY CONSUMER SCIENCE AGENT, WILSON COUNTY

In an era where mobile devices have become an integral part of daily life, this workshop will provide an introduction to the world of smartphones and tablets, ensuring that you can enjoy the benefits of modern communication and stay connected with family and friends.