

BOOMERFEST SCHEDULE

November 6, 2010 10:00 a.m.—3:00 p.m.
Montpelier Elks Club, Country Club Rd.
Montpelier

10:15 - 10:30

Tai Chi
Ellie Hayes

10:45 - 11:15

**Now Who Do You Want To Be
When You Grow Up?**

We're living longer! While we think a lot about how we'll spend our money, we don't always consider how we'll spend our years. So what's next for you? Will you fall into a life that fills up space or will you be intentional in creating a joyful life that honors an emerging sense of who you are and can be? Come to this inspirational and humorous presentation to find your own personal pathway to midlife reinvention, redirection, and renewal.

Melita DeBellis, MidLife Unlimited

11:30 - 11:45

Laughter Yoga
Jeanne Kern

12:00 - 1:00

**Retirement Planning In Today's
World**

This workshop will educate on the different retirement fund vehicles. Pros and cons of each—risk involved—how Social Security fits—The Bucket approach- How to evaluate where you're currently at...

Joe Hicks, CV Community Action

1:15 - 2:00

Aging In Community
*Janet Stambolian,
Mackenzie Architects*

2:00—2:30

Zumba Class
Cindy Isabelle

SCHEDULE CONTINUED

Main Room, dining area

10:30 - 12:00

Medicare Workshops

1:30 - 2:00

*Dagny Hoff, Central Vermont State
Health Insurance Assistance Program
Coordinator*

12:00—1:00

Music by High-Low Jack

1:00 - 1:30

Advanced Directives

Cindy Bruzzese, VT Ethics Network

1:45—2:15

Outsmarting Investment Fraud

Susan Arthur, FINRA Investor Educator

2:45

Silent Auction announcements

Sign up for these activities:

Chair Massage

15 minute increments

Jolene Coburn and Rebecca Hislop, Practitioners

Reiki

15 minute increments

Lynn Ihlstrom, Practitioner

*Reiki is an ancient, hands-on healing simply through touch. Unlike
massage, there is no body manipulation and no need for disrobing.
Touch allows the body to become deeply relaxed, which allows healing*

Manicures

15 minute increments

Heather Hoy, Cosmetologist