## 22nd ANNUAL

Cattaraugus County Department of the Aging

## SENIOR FORUM 2016

Free & open to all Senior Citizens, their Caregivers, and those interested in Senior Services.

Thursday, August 18, 2016 9:00 a.m. - 2:00 p.m.

Franklinville Elementary School North Main Street, Franklinville, New York

8:30 - 8:45

Registration, Breakfast

8:45 - 9:00 9:00 - 10:00 Welcome & Introductions ~ Cathy Mackay, Director

**PUBLIC HEARING** 

## The following Workshops will be available:

- **A.** How to Be Safe in an Unsafe World ~ Chris Baker
- **B.** Coloring: Not Just for Kids Anymore ~ Melissa Weatherly
- **C.** The Life and Times of Cattaraugus County ~ Earl McElfresh
- **D.** About Zika: The A-Z's of the Zika Virus ~ *Debra Nichols*
- **E.** Programs to Empower Your Life and Yourself ~ *Melanie Easton & Christa Heckathorn*
- **F.** Learn the Hidden Gems of the Enchanted Mountains ~ Crystal Abers

10:05 - 11:00 Choose A, B, C, D, E, or F above

11:05 – 12:00 Choose A, B, C, D, E, or F above

**12:00 – 12:30 Break** ~ Displays available

12:30 – 2:00 LUNCH ~ (Chicken Caesar Salad, Creamy Potato Soup, Bread, Fruit Cup, Strawberry Cream Pie). Must make reservations with Senior Wellness & Nutrition Program in your community or call the Department of the

Aging by August 12, 2016. (\$4.00 suggested donation)

**ENTERTAINMENT: Oatka Trio** 

2:00 DOOR PRIZE DRAWING

For more information, call the Cattaraugus County
Department of the Aging at 373-8032 or 1-800-462-2901