



## Schedule

### Saturday, March 24

8:00 am: Continental Breakfast

8:30 am: Keynote address: The Rev Doug Storment

9:30 am: Break

9:45 am: Morning Breakout Sessions (*Choose one*)

A. Functional Aging – led by Lisa Wright

B. Wellness Coaching – led by Marcia Keener

C. Social Security – led by John Stearns

D. Multiplying / Leveraging Your Dollars In Retirement & Navigating Medicare – led by David Dudics

10:45 am: Break

11:00 am: 8000 days of Retirement – led by John Stearns

12:00 pm: Break

12:15 pm: Creative Expression panel discussion and Lunch

*(A lunch of soup and a variety wraps from Shoreline Sandwich Company will be provided)*

Panelists and topics include:

Kitty Dudics – Art: Your Wakened Path

Ella Mason – Volunteering in schools

John Stalmach – Photography

1:00 pm: Break

1:15 pm: Afternoon Breakout Sessions (*Choose one*)

A. Functional Aging – led by Lisa Wright

B. Wellness Coaching – led by Marcia Keener

C. Social Security – led by John Stearns

D. Multiplying / Leveraging Your Dollars In Retirement & Navigating Medicare – led by David Dudics

2:15 pm: Break

2:30 pm: Funeral Pre-planning – led by the Rev. Jonathan Wickham (*Optional*)

3:15 pm: Closing Remarks