



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

Thursday, August 8, 2019

9:00 a.m. – 2:00 p.m.

Ellicottville High School
5873 Rt. 219, Ellicottville, New York

8:30 – 8:45

Registration, Breakfast

8:45 – 9:00

Welcome & Introductions ~ Cathy Mackay, Director

9:00 – 10:00

PUBLIC HEARING

The following Workshops will be available:

- A.** Red Cross Citizens Preparedness Training ~ *Krystal Gopaul*
- B.** Important Changes to VA Law ~ *Steven McCord*
- C.** Vary Your Seasonal Veggies ~ *Melinda Drabant, MPH*
- D.** Gentle Yoga ~ *Mary Schlosser*
- E.** History of Olean ~ *Steve Teachman*
- F.** Financial Planning ~ *Mark Ziemba II, AIF*

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 – please visit our sponsors!

12:30 – 2:00

LUNCH ~ *You must make reservations with the Senior Wellness & Nutrition Program in your community or call the Department of the Aging by August 5th, 2019. Lunch is being provided by Sysco Foods.*

ENTERTAINMENT: Fair to Fiddlin' - Eclectic configuration of bluegrass, old time, classic country & folk music.

2:00

DOOR PRIZE DRAWINGS

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