

PLEASE MARK ONE WORKSHOP FOR EACH SESSION YOU PLAN TO ATTEND.

Session 1 9:15 a.m. to 10:15 a.m.

- Belly Dancing
- Buying and Selling on the Internet - Safely
- Crafty Wood Carving
- Discounts for Seniors & Don't Be Afraid to Ask
- Drug Intervention – RX and Supplements
- Ebby Halliday Real Estate Issues for Seniors
- Funeral Options and Realities
- Go Green, Save the Planet?
- Gospel Singing
- Grandparents as Parents
- Insurance Issues and Reality Planning
- Line Dancing
- Listen Up! Senior Hearing Issues and Options
- Low Impact Exercise – Richardson YMCA
- Organic Gardening
- Pressure Point Therapy
- Quilting Marvels
- Retirement Income Strategies for Good & Bad Times
- Richardson Police Department – Crime Prevention
- Senior Housing Options
- Social Security Administration
- These Feet Are Made for Walking - Podiatry
- Water Color Fun
- What Do My Dreams Mean?
- Writing Your Own Story for Book and Video Form

Session 2 10:45 a.m. to 11:45 a.m.

- Buying and Selling on the Internet - Safely
- Crafty Wood Carving
- Discounts for Seniors & Don't Be Afraid to Ask
- Drug Intervention – RX and Supplements
- Ebby Halliday Real Estate Issues for Seniors
- Funeral Options and Realities
- Go Green, Save the Planet?
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Please make checks payable to: FUMCR / WinterFest

Sign Up begins Sunday, January 10, in the Shawver Welcome Center or online at www.fumcr.com, click Senior Adult Ministry. Payment and completed registration form for each person may be mailed to FUMC Richardson, 503 N. Central Expressway, Richardson, TX 75080.

Please Print

Name _____

Address: _____

Phone: () _____

e-mail address: _____

Admission \$10.00
Includes:
Continental Breakfast,
Lunch, Workshops &
Entertainment

Breakfast	8:00 a.m.
Session 1	9:15 a.m.
Session 2	10:45 a.m.
Lunch	12:00 p.m.
Entertainment	1:00p.m.

Sorry - No Refunds
Do Not Send Cash in Mail.
Credit Cards Accepted for
Online Registrations Only

Telephone number and addresses given will be used to notify you if registration is closed or if workshops chosen have been filled. **NO WALK-INS.** Due to space constriction, we are limited to 450 attendees. Registration closes on February 3, 2010, or before, if 450 registrations have been received.