

Cut/keep this panel to help you remember

Super Tuesday Schedule

October 3, 2017

- 8:00-8:45 a.m. Check in and enjoy breakfast treats provided by Adams County HCE
- 8:45-9:30 a.m. Keynote Speaker EDIE FELTS-PODOLL
- 9:40-10:50 a.m. Session One
- 11:00-12:10 p.m. Session Two
- 12:15-1:05 p.m. Lunch
- 1:05-1:15 p.m. Balance and Stretch Break
- 1:30-2:40 p.m. Session Three
- 2:50-3:15 p.m. Door prizes, Evaluation, Closing

Super Tuesday is sponsored by
Adams County & Marquette County
Home & Community Education Associations



Record the classes you chose to help you remember:

1. _____
2. _____
3. _____
4. _____

Pine Lake Camp, W8301 County M, Westfield, WI 53964
Between Adams and Westfield on County M.

REGISTRATION DEADLINE

For HCE Members: 8-28-17

For Non-HCE Members: 9-11-17

Send registration form and \$14.00 for
each person to:

**Marquette County UW-Extension
PO Box 338
Montello, WI 53949**

If your registration is received after September 18th,
a confirmation card may not be mailed to you.
Registration fees are transferable, but not refundable.

Sessions may be cancelled if registration is low.

University of Wisconsin-Extension
PO Box 338
Montello, WI 53949

Cooperative Extension—University of Wisconsin-Extension

University of Wisconsin, U.S. Dept. of Agriculture and Wisconsin Counties cooperating. An Equal Opportunity in employment and programming including ADA Equal Opportunity/Affirmative Action employer. The University of Wisconsin-Extension provides equal opportunities in employment and programming including ADA and Title IX requirements. Please advise us at time of registration if you are handicapped and desire special accommodations. Requests will be kept confidential.

SUPER TUESDAY

Day of Friendship & Learning



**October 3, 2017
8:45 a.m. - 3:15 p.m.**

**Pine Lake Camp
W8301 Co Rd M
Westfield, WI**



REGISTRATION FORM

Name _____

Address _____

City _____ Zip _____

(_____) _____

Phone _____

Email address _____

Classes are filled on a first come basis. Some classes are limited; please register early. BE SURE to select 4 choices and number them in order of your preference (1st, 2nd, 3rd and 4th)

SELECT YOUR CLASS CHOICES: (write 1, 2, 3 and 4 on the lines next to your choices)

- _____ Those Nasty Invasive Plants
- _____ Scarecrow Mason Jar
- _____ Hug in a Mug
- _____ The Healing Arts Connection
- _____ What About This Technology?
- _____ Silver Sneakers
- _____ Pine Cone Wreath

FEES:

\$14.00 Registration and Lunch

+ _____ Class Fees (see descriptions)

= _____ Total Enclosed

Make check or money order (no cash) payable to “Marquette County HCE”

No phone registrations accepted.

Payment must accompany registration.

Fees are transferable, but not refundable.

**Send to: Marquette County UWEX
PO Box 338
Montello, WI 53949**

Those Nasty Invasive Plants

Learn to identify and report invasive plants before they get well-established. This will save you lots of problems . . . and money!

Instructor: Reesa Evans, Adams County Land & Water Conservation Department.

Fee: None

Maximum: None

Scarecrow Mason Jar

Decorate a Mason jar with fall décor and take it home today! A lovely way to beautify your space or cheer up someone else.

Instructors: Sharon Schumacher and Sandy Wilkes, Adams County HCE

Fee: \$4.00

Maximum: 12 per session

Hug in a Mug

Make single-serving desserts, microwaved or baked, to give to shut-ins, college students, neighbors, friends, or family (or yourself!).

Instructor: Marilyn Herman, retired Waupaca County Family Living Educator; current Waupaca County HCE leader.

Fee: \$3.00

Maximum: None

The Healing Arts Connection

Your mind, body, spirit and emotions are all connected. Learn about the Healing Arts and how they will help you. Take home simple ideas you can put to immediate use.

Instructor: Penny Negley, Reiki Master, and co-owner of Two Friends Healing Arts, Montello

Fee: None

Maximum: 30

What About All This Technology?

Smartphones and tablets—curious about what they do, why you might want one, the pros and cons, and how much to spend? This session also includes time for any technology questions. Bring your portable device, if you have one.

Instructor: Aaron Raschke, Director, Ethel Everhard Memorial Library, Westfield

Fee: None

Maximum: 12

Come to Pine Lake Camp!
W8301 County M, Westfield
Between Adams and Westfield on County M
13.5 miles from Adams and
8 miles from Westfield

Silver Sneakers

A chair-based exercise class which is designed to strengthen people who are aging. Take charge of your health and well-being, safely!

**If possible, please bring one flex band, 2 small weights (2#-10#), gym shoes, and water bottle*

Instructor: Donna Dawson, TNT Health Beauty & Fitness Spa, Westfield

Fee: None

Maximum: 25

Pine Cone Wreath

Make a decorative pine cone wreath for any season. The pine cones, wreath form, and bows will be provided. Bring items to embellish or decorate in a theme you like.

Instructor: Barbara Krebs, Frink HCE, Marquette County

Fee: \$1.00

Maximum: 8 per session



Morning Keynote by EDIE FELTS-PODOLL **Adventures and Rewards** **of an Open Mind**

Stre-e-e-etching our bodies is always good — so how about stre-e-e-etching our minds? Feel the power of reaching out to make positive human connections to improves our lives, families & communities.

Let the adventure begin!!