

Senior Frugal U

Friday, September 11, 2009

8:30 a.m. – 3:00 p.m.

*Arvada United Methodist Church
6750 Carr Street, Arvada CO 80004*

*A Day for People who want to learn something new, meet new people,
and think about their lives and their future. Classes are open to the public.*

8:30 a.m. – 9:00 a.m. Continental Breakfast/Late Registration

Choose one class per session

Session 1

9:00–10:30

The Last Lecture

___ On September 18, 2007, computer science professor Randy Pausch stepped in front of an audience of 400 people at Carnegie Mellon University to deliver a last lecture called “Really Achieving Your Childhood Dreams.” He was dying of pancreatic cancer. We’ll use this film to discuss how his thoughts apply to us. Marcia Canter believes that it is important for people to believe that they should try to do the things they want, at whatever age.

Downsizing

___ Is there a move in your future? How do you decide when to move, what to keep, and where to go? David Mayeranderson is an assistant manager with Community Resources Center Housing Development Corp, a nonprofit housing agency, and is also a licensed realtor.

Session 2

10:45—12:15

Five Wishes

___ Learn more how you can help your family know what you want at the end of your life in this class by taking the Five Wishes class. Rev. Rusty Butler will provide participants the opportunity to document such issues as who makes your health care decisions when you can’t, and what kind of treatment you want or don’t want. He’ll also cover other decisions such as what type of funeral or memorial service you wish. Forms will be available for anyone to review or if they wish to fill out that day.

Intergenerational Travel

___ Looking for a way to spend quality time with a special young person in your life? Searching for an opportunity to explore mutual interests with a school-age or teen grandchild? Consider an intergenerational trip sponsored by Elderhostel. Kathy Crisler has shared two such trips with different grandchildren and can discuss some of the opportunities available for those who might be contemplating such an adventure.

Luncheon

12:30 p.m.

Rev. Lucia Guzman will be the luncheon keynote speaker and will speak on the 9/11 tragedy. Her speech "All of Life is a Wilderness Experience; but God is With Us through It All" will deal with various losses in life—job, youth, etc. She will address how to walk humbly with God when facing these losses. A child of migrant workers, Rev. Guzman has served as head of the Council of Churches in Colorado, served on the Denver School Board, and is now Executive Director of the Denver Human Rights and Community Relations Commission. Rev. Guzman, an ordained Methodist minister, announced her candidacy for Colorado State Senate Seat District 34 in July.

Session 3

1:30—3:00

Developing Boundaries

____ Everyone has to establish personal boundaries at times. You may need to develop some boundaries with your adult children or grandchildren, especially in situations where they are overly dependent on you. Janet Benavente, a Colorado State Extension agent, has worked with families on communicating effective across generations.

10 Question—Preserving Your Life's Milestones In Writing and Pictures

____ Create a legacy for your loved ones by preserving your story. Marsha Schultze has helped many people chronicle their lives through scrapbooking. Here she will help you preserve your story by asking questions that trigger priceless memories. Bring paper and pen to start the process and be prepared to reflect and write in the class.

Cost of Frugal U

(Paid by 9/06/09)

\$20 (Over 55)

\$25 (Under 55)

\$30 (Couple)

Cost of Frugal U

(Day of Event)

\$30 (Over 55)

\$35 (Under 55)

\$40 (Couple)

Name (s)

Phone _____

Email _____

Registration can be turned in on Sundays in the Center or by sending to the church. If you have questions, call Marcia Canter at 303-477-6278 or email bomaanka@yahoo.com.