

Presenter Schedule

Free, no need to register

In the Parking Lot

Car-Fit Consultation: Marked by tent and traffic cones

In the Arena

Exhibitors

Sit a Spell Café – self serve coffee/tea/snacks & games

FNSB Book Mobile

Live Music, now and then

Presentations in the Buswell Room

8:30-9:15am

Discover Alaska International Senior Games
Diann Darnall, Fairbanks Chapter of Alaska International Senior Games

9:30-10:45am

The If, When & How of Assisted Living
Janice Downing, BSHD, Alzheimer's Resource Alaska

11:00am-12:15pm

Pizza & Panelists: The Ripple Effect of Volunteering
Emcee: JR Lewis, Host of Interior Insights Podcast/KTVF-TV
Panelists: Volunteerism rockstars from American Red Cross, Fairbanks Community Food Bank, Greenstar, MASST, RurAL CAP-AmeriCorps Seniors, Salvation Army

12:30-1:30pm

Lunch (pizza) & Learn: The Building Blocks of an Age-Friendly Community
Beth Grey, ADRC North & VDCP North, Teresa Holt, AARP Alaska

1:45-2:30pm

HomeFit Guidance & Fall Prevention
Patrick Curtis, AARP Alaska

2:30-3:15pm

Consider Turning Your Interests Into a Published Book
Dan Hoffman, Author – An Alaska Flyfisher's Odyssey

3:30-4:30pm

Lifestyle Approaches for Pre-Diabetes
Leslie Shallcross, MS, RDN, LD, UAF Extension

Demonstrations in the Arena

8:30-9:30am

White Cane & Human Guide Techniques.
META Glasses.

Victoria Ackerman & Kevin Whitley, Alaska Center for the Blind & Visually Impaired

9:30-11:00am Café area

Financial Fraud Bingo

Ann Sivulich, SOA Banking and Securities with Rob Renuart, Christa Lynch, Zach Norum

10:30-11:30am

Maintaining Health with Stronger Muscles & Bones
Leslie Shallcross, MS, RDN, LD, UAF Extension

11:30am-12:15pm

Give the FNSB Senior Exercise Group a Try
Kristopher Teheny, FNSB Parks & Rec

12:30-1:15pm

The Compassion Project
Barbara Carlin, Beverly Byington

1:30-2:30pm

Our Body the Magical Meatsuit – water, breath and movement matter
Karuna Linkhart – Yellow Bird Yoga Healing Collective

2:30-3:30pm

Introduction to Taoist Tai Chi
Kate Hedstrom, Taoist Tai Chi Society