

# Registration

\$15 member / \$20 non member Pre-registration \*No refunds

Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Dietary Restrictions: \_\_\_\_\_

***In EACH time slot mark your first choice (1),  
second choice (2) & third choice (3).***

***Please submit to Life After Fifty Reception by June 15th!***

**9:45 am**

**11:00 am**

Chair/Floor Yoga		Artful Relaxation - Zentangle	
Getting Back on Your Bike		Digital Media Library	
Make Up After Fifty		Lawn Bowling (Short Mat)	
Therapy Dogs		Computer Security	
Tourism Innovation –		Travel Destinations	
Digital Media Library		Glass Etching	
Lawn Bowling (Short Mat)		Qigong	
Artful Relaxation - Zentangle		Therapeutic Touch	

**1:15 pm**

Lunch:

**2:30 pm**

Glass Etching		Sound Meditation & The Power of Music	
Qigong		Pilates	
Therapeutic Touch		City Aquatics & Parks	
Essentrics		Fresh Fruit Tarte/Flan	
<i>LaBlast &amp; Zumba Gold</i>		Latin Flair Dancing	
SmartPhone Cameras		Painting with Alcohol Inks	
Sound Meditation & the			

***For office use only:***

Date Received: \_\_\_\_\_ Time Received: \_\_\_\_\_

\$15 or \$20 received. Pd by: \_\_\_\_\_ Staff Initials: \_\_\_\_\_