

Senior Speak Out XXX

"Past, Present & Future"

October 1 & 2, 2009

Cow Palace Inn, Lamar, Colorado

Thursday, October 1, 2009

(Room check-in time begins at 3:00 p.m.)

11:30 a.m. - 1:00 p.m.....Registration
1:00 - 1:15 p.m.....Speak-Out Convenes
1:15 - 2:00 p.m..... "Protecting Your Assets"
2:00 - 2:45 p.m....."Strengthening Your Body and Mind"
2:45 - 3:00 p.m.....Break
3:00 - 3:15p.m....."Step Celebration"
3:15 - 4:00. p.m.To Be Determined
4:00 - 6:00 p.m.....Free Time/Check In
6:00 - 8:00 p.m.....Banquet/Entertainment

Bingo will be held in the Courtyard Dining Area following banquet.

Friday, October 2, 2009

(Room check-out by 11:00 a.m.)

6:30 - 8:00 a.m..... Breakfast Buffet
8:00 - 8:45 a.m..... "Explaining Federal Issues"
8:45 - 9:30 a.m....."Fall Prevention"
9:30 - 10:00 a.m.....Break/Check Out
10:00 a.m. - 12:00 a.m.....Legislative Open Forum
12:00 - 12:15 p.m..... Closing Remarks
12:15 p.m.....Lunch