



Seniors' Day 2010

Registration Form



1. Complete the personal information below.
2. Review the program descriptions.
3. On the reverse of this page, choose **TWO** seminars from **each time slot**.
Number your choices 1 and 2 in order of preference.
4. Return this form along with payment to either location of Centres for Seniors Windsor. A Registration Receipt will be issued at that time.

Name:		Phone:	
Address:			
Email:			
Emergency Contact's Name:		Phone:	

Are you a Centres' Member? Yes No

If you are not a member, is this your first time participating in a Centres for Seniors Windsor Program?
 Yes No

REGISTRATION FEE: \$15.00

OVER

OFFICE USE ONLY:

Method of Payment	Cash	Cheque	VISA/MC

Date Received	
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Timetable Complete	
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SCHEDULE OF SEMINARS

10:00 am

Champagne Dreams On A Beer Budget	
Entertaining the Grandchildren	
Exploring Your Passions	
Mosaic Pot	
Moving House	
Piloga	
Relax and Reflex the Foot with Kirsten Part A	
Setting the Stage	
Teaching Your Digital Camera To Work For You	
The Science of Accessorizing	
Why Is Your Skin So Dry?	

11:00 am

Accessorizing with Scarves	
Exploring Your Passions	
Have You Used Your Right Brain Lately?	
Hot Rock Massage	
Moving House	
Relax and Reflex the Foot with Kirsten Part B	
Seniors' Health	
Teaching Your Digital Camera To Work For You	
The Science of Accessorizing	
Travel Agents & Hair Dressers	
Why Is Your Skin So Dry?	
Zumba Toning	

1:00 pm

Adultsitting	
Computer Basics	
Do -It- Yourself Chicken Parmesan	
Exploring Your Passions	
Have You Used Your Right Brain Lately?	
Moving House	
Recent Introductions & Old Favourites	
Relax and Reflex the Hand with Kirsten-Part A	
Teaching Your Digital Camera to Work For You	
The Science of Accessorizing	
These Grapevines Won't Get You Wine	
Why Is Your Skin So Dry?	

2:00 pm

Exercise and Chronic Disease	
Experience The Calmness of Tai Chi	
Home Archives and How To Preserve Your Records	
Moving House	
QiGong	
Relax and Reflex the Hand with Kirsten-Part B	
The Science of Accessorizing	
Windows Live	
Why Is Your Skin So Dry?	