

Directions to the Groton Senior Center



Groton Senior Center
102 Newtown Road
Groton, Connecticut 06340
(860) 441-6785

Come see their beautiful renovations and new addition!

From I-95 North: Take exit 88 and turn right at the light at the end of the ramp. At the next light turn right into the Senior Center parking Lot.

From I-95 South: Take exit 88 and turn left at the end of the ramp. At the second light turn right into the Senior Center parking lot.



CONNECTICUT ASSOCIATION OF SENIOR CENTER PERSONNEL

is an association of practitioners working in Senior Centers. Our purpose is to maintain a support system which enhances our members professionally and educationally. To learn more about our organization and membership contact visit our website www.CASCP.org.

The Connecticut Association of Senior Center Personnel

ANNUAL CONFERENCE



*Senior Centers:
The Center Of It All!*

Friday, May 13, 2011

8:30 a.m. – 4:00 p.m.

Groton Senior Center

Groton, CT

SCHEDULE FOR THE DAY

8:30 Registration & Networking

9:00 CASCP Business Meeting

9:20 Welcome and Opening Remarks

9:45 Morning Workshops:

1. **More than Surfing the Net** Your participants are online...are you? - An interactive presentation
Presenters: Norma Carey, Glastonbury Senior Center & Various Instructors from Groton Senior Center
2. **"More than Bricks & Mortar: Making the Most of Your Building"** Ideas on new construction, additions and renovations.
Presenters: Shawn Cohen, Plainville Senior Center & Pat Schneider, Glastonbury Senior Center
3. **"Evidence Based Wellness Programs"** What are they and how to incorporate them into your programming.
Presenters: Sally Ritchie, Waterford Senior Center & Laura Crews, Senior Resources
4. **"Building Excellence"** The standards toward which every center should aspire.
Presenter: Dianne Stone, Newington Senior & Disabled Center

11:30 Break & Tours

12:00 Lunch

12:45 The Future of Aging Services

Panel Discussion of Experts in the Field of Aging in Connecticut.
Presenters: Julie Evans Starr, CT Commission on Aging, Brenda Kelly, CT AARP, Molly Rees Gavin, CCCL, Pam Giannini, DSS - State Unit on Aging, & Nancy Shaffer, CT Ombudsman's Office

2:15 Afternoon Workshops:

5. **"Techno Centers: Are You There Yet?"** Making the most of what technology can do for your center.
Presenter: Groton Information & Technology Department
6. **"Where the Money Is"** Fund Development.
Presenters: Susan Lather, Enfield Senior Center & Ned Skinnon, West Hartford Senior Center
7. **"Brain Fitness: Programs to Pump Up Your Neurons"**
Presenter: Dianne Stone, Newington Senior & Disabled Center
8. **"A Smorgasbord of Fitness: New Options for Centers"** Demos of new program options
Presenters: Various Instructors & Program Leaders



Registration Information

(due by 5/6/11)

Name: _____

Title: _____

Organization: _____

Address: _____

Telephone #: _____

FAX#: _____

E-mail: _____

Morning Workshop Choice (1-4)

1st _____ 2nd _____

Afternoon Workshop Choice (5-8)

1st _____ 2nd _____

2010/11 CASCP Member \$25

Non-Member \$40

Includes Continental Breakfast & Lunch

Amount Enclosed: \$ _____

**Make checks payable to
"C.A.S.C.P."**

Mail Registrations to:

C.A.S.C.P. c/o Pat Schneider

Riverfront Community Center

300 Welles Street

Glastonbury, CT 06033

E-mail: pat.schneider@glastonbury-ct.gov

Phone: (860) 652-7646

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