Laughter Is The Best Medicine (Dr. Tonemah) - you can be sure that Dr. Tonemah will keep you in stitches as he presents his own brand of wisdom in ways to lighten your spirit.

Self-Defense for Seniors (Tom Arcuri) - Tom brings decades of Martial Arts experience to this workshop. He will teach strategies on how to be more aware of your surroundings and how to use canes and walkers to your advantage. Hands-on participation is not required. You can learn from watching.

Sex After 60 (Xenia Becher) - Don’t be shy about your sexuality. Xenia will discuss healthy relationships, respect for self and others, and being vibrant when society tells us we’re fading. She will also answer audience questions about “other” issues.

How Do I Use This Cell Phone? (Steve Van Hoeven and Tammy Tarbell) - do you have a fancy smart phone but it doesn’t seem too smart? Let Steve and Tammy give you some pointers on how to send/receive texts and photos, access social media and more. Bring your cell phone and learn the amazing things it can do!

Cooking Without Sugar (Kathryn Halbritter) - we all want to be as healthy as we can be but still eat great tasting food. Kathryn will show us how to prepare great tasting dishes but without all the sugar. She will give us great alternatives to cook with all healthy ingredients.

Gypsy Tribal Dance (Nancy Berner Smith) - have some fun and learn basic belly dancing moves. Belly dancing has been around for centuries and is a wonderful way to get in and stay in shape. Learn all the intricate hand and hip movements.

Healing From the Spice Rack (Sheri Beglen) - though you may have only thought of them as cooking ingredients, there are herbs in your spice rack that can ease a variety of conditions. Nationally renowned in the art of herbal healing, Sheri will amaze you with remedies you may already have right in your own cupboard.
**WEDNESDAY, MAY 29**

**MORNING ACTIVITIES IN THE MOHAWK ROOM**

**8:00**  Registration and Breakfast  
**8:30**  Welcome - Tammy Patterson and Kathy Willard  
**8:35**  Words of Thanksgiving - Sheri Beglen  
**8:45**  Acknowledgement of Nations Ice Breaker  
**9:00**  **KEYNOTE SPEAKER** - Dr. Darryl Tonemah: Laughter Is The Best Medicine  
**10:15**  Coffee Break  
**10:30**  **WORKSHOPS - Session A**  
1. More Laughter Is The Best Medicine - Dr. Tonemah in the Mohawk Room  
2. Self-defense for Elders - Tom Arcuri in the Cayuga/Onondaga rooms  

**11:15**  Q&A Doctor’s Panel in the Mohawk Room with Oneida Indian Nation Health Services Medical Providers - Dr. Seelan Newton, Dr. Bradley Layton, Christie Riggall and Mollie Tracy  

**AFTERNOON**

**12:30**  Lunch - Mohawk Room  
**1:45**  **WORKSHOPS - Session B**  
1. How Do I Use This Cell Phone? Steve Van Hoeven and Tammy Tarbell in the Seneca Room  
2. Self-defense for Elders - Tom Arcuri in the Cayuga/Onondaga rooms  
3. Healing From the Spice Rack - Sheri Beglen in the Tuscarora Room  
**2:30**  Adjourn for the day  
**3:45**  Bus to Sangertown Mall

**LODGING**

Turning Stone Hotel reservations accepted until May 13 at a conference rate of $274 (1 person); $144 (per person, 2 per room), $108 (per person, 3 per room), per night, plus tax. Also: The Inn at Turning Stone and Villages at Turning Stone RV Park. For reservations, call 1-800-771-7711. Other accommodations  
*Oneida Super 8 Motel (315) 363-5168  *Verona Microtel Inn and Suites 1-800-771-7171  *Fairfield Inn (315) 363-8888  *Canastota Days Inn (315) 697-3309

**THURSDAY, MAY 30**

**MORNING**

**8:00**  Breakfast - Mohawk Room  
**8:45**  **WORKSHOPS**  
1. Cooking Without Sugar - Kathryn Halbritter in the Tuscarora Room  
2. How Do I Use This Cell Phone? - Steve Van Hoeven and Tammy Tarbell in the Seneca Room  
3. Gypsy Tribal Dance - Nancy Berner Smith in the Cayuga/Onondaga rooms  
**9:30**  Coffee Break in the Mohawk Room  
**9:45**  **KEYNOTE SPEAKER** - Xenia Becher: “Sex After 60” in the Mohawk Room  
**11:00**  Social Dancing with Chris Thomas & Company in the Tuscarora/Cayuga/Onondaga rooms

**AFTERNOON**

**12:00**  Lunch in the Mohawk Room  
**12:45**  Evaluations and prize drawings in the Mohawk Room  
**1:15**  Closing Words - Claire Patterson in the Mohawk Room  

**DRESS IN LAYERS; THE ROOMS COULD BE CHILLY BECAUSE OF THE AIR CONDITIONING**

Please note that some of the workshops have changed from the original registration brochure.