**registration**Registration Fee: CAPA members-$60 – Non-members-$85.

Join CAPA by going to www.thecapa.org and click on “forms”.

Deadline for registration is January 16th. Space permitting, registration will be accepted at the door; however, lunch might not be provided. Deadline for booking hotel with special rate is December 23rd.

Make checks payable to **CAPA** and mail to: Ginger Clark, 4902 Herndon Cir, Colorado Springs, CO 80920. If you have questions, contact Ginger @ 719-661-7855 or email emtclark@aol.com.

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Facility Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Active Member? Yes\_\_\_ or No\_\_\_ Chapter (circle one): Den/Metro Northern NE Southern WS**

**Dietary Restrictions: Vegetarian\_\_\_Gluten Free\_\_\_Other Special Diets\_\_\_\_**

**Cell Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Wk Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\*\*\* If you wish to pay by Credit Card, go to [www.thecapa.org](http://www.thecapa.org) under “Events” then “NAP Day.” \*\*\*

**Session DescriptionS**

**“The Future of Senior Living: Baby Boomers are HERE!”**

 **Stephanie Lynn**

**The future of our profession looks dynamic, with a focus on resident-centered care, embracing new technologies and fostering holistic well-being. Activity Professionals will play an essential role in shaping vibrant, engaging and purposeful experiences for seniors in independent living communities and beyond!**

**“Canva Essentials for Activity Professionals”**

**Corrie Leber**

**Do you want to create WOW flyers, newsletters, calendars and more? This session will teach you the essentials of using Canva, a free-to-use online graphic design tool. Transform documents from drab to delightful!**

“Herbalism Activity Programming”

Jenna Gusto

Open the door to the medicinal world of plants and be shown how herbs are incorporated into activity programming. You will learn about the practice of herbalism, herbal benefits and be given a demonstration on how to confidently teach tea making.

**“Organization: Every Activity Director’s Super Power”**

**Angela Parkins**

Angela will cover everything to help YOU acquire your “Super Power:” keeping a calendar, scheduling rooms, planning events, obtaining confirmations, sending emails, developing newsletters and more with the aim of eliminating the chaos!

**SCHEDULE**

**Friday, January 24, 2025**

8:00am – 8:30am

**Registration & Check-in**

8:30am – 8:45am

**Welcome & Announcements**

8:45am – 10:15am

**“The Future of Senior Living: Baby Boomers are Here!”**

**Stephanie Lynn**

10:15am – 10:30am BREAK

10:30am – 12noon

**“Canva Essentials for Activity Professionals”**

**Corrie Leber**

12noon – 12:15pm

**Photo outside**

12:15pm – 12:45pm

**Lunch Provided**

12:45pm – 1:15pm

**Live Auction: bring cash/checks!**

1:15pm – 1:30pm BREAK

1:30pm – 3:00pm

**“Herbalism Activity Programming”**

**Jenna Gusto**

3:00pm – 3:15pm BREAK

3:15pm – 4:45pm

**“Organization: Every Activity Director’s Super Power”**

**Angela Parkins**

**6 contact hours possible!**

***Have a safe trip home!***

**SSCHEDULE**

**Friday, January 28, 2022**

7:30am - 8:30am

**Registration & Check In**

8:30am - 8:45am

**Welcome & Announcements**

8:45am - 10:15am

**“Wake Up the Fun”**

 **Keith Horowitz**

10:15am - 10:30am BREAK

10:30am - 12noon

**“Effective Communications Strategies …”**

**Tom Clark**

12noon - 12:15pm

**Photo outside**

12:15pm – 12:45pm **Lunch Provided**

12:45pm - 1:15pm **Live Auction**

1:15pm - 1:30pm pm BREAK

1:30pm - 3:00pm

“Let’s Dance Activities”

 Hollis Taylor & Bright Hawk

3:00pm - 3:15pm BREAK

3:15pm - 4:45pm

“Re-lighting the Fire”

Sarah Snyder

 6 contact hours possible

Have a safe trip home!

## Praesent congue sapiensit amet justo.

Integer egestas orci quis lorem feugiat adipiscing.

Lorem
Ipsum Dolor

 

Colorado Activity Professionals’ Association

Presents

National Activity Professionals’ Day Workshop

“Shaping the Future”

**Friday, January 24, 2025**

 **8:00am - 5:00pm**

**Frasier Retirement**

350 Ponca Place

Boulder, CO 80303

**Directions to Frasier Retirement:**

Your GPS is going to be your best friend this year! It’s a little tricky to find, but park to the right of the main entrance and we will be on that side of the community all day. Please contact Stephanie at 720-562-4339 if needed.

**HOMEWOOD SUITES BY HILTON** **$119 (King) or $139 (2 Dbls)** (plus taxes and fees) (breakfast at workshop);

4950 Baseline Rd., Boulder, CO 80303; 303-499-9922

Phone reservations can be made by calling 1-888-251-5084 & asking for the "**CAPA Workshop**" group rate.

HOTEL LINK:

https://www.hilton.com/en/attend-my-event/capa-workshop-boulder-2025/

You must book your room by 12/23/24!

**SPEAKER INFORMATION**

**Stephanie Lynn, APC**

Stephanie has been in the senior living world for 15 years and in activities since 2014. She has worked in all care levels, finding ways to enrich lives and help seniors of all stages find joy and purpose in life.

**Corrie Leber, CDP (AAP-BC in progress)**

Corrie is an accomplished trainer and graphics design professional with extensive experience creating visual projects that inspire, inform and captivate audiences. Corrie has worked as an Activity Professional for more than two years.

**Jenna Gusto, Certified Herbalist**

Jenna is a trauma-informed certified herbalist. She attended Naropa University, apprenticed with Linda Conroy of Moonwise Herbs and with Muno of Snow Mansion Gardens. She also attended the CO School of Clinical Herbalism and is currently pursuing her studies in herbalism to become a clinical herbalist. Jenna has worked with newborns to elders and looks forward to sharing her knowledge with you.

**Angela Parkins, AAP-BC**

Angela earned her bachelor’s degree in Cultural Anthropology from Santa Clara University in CA. She has worked in social services most of her adult life and as an Activity Director for over 10 years. She is currently the Marketing Director for The AFFIX Group, providing speakers and performers for seniors all along the front range of Colorado.

**Colorado Activity Professionals’ Association**

Ginger Clark, Treasurer

4902 Herndon Cir.

Colorado Springs, CO 80920-7048

