

TIME TO CELEBRATE!

PRESENT, PAST AND FUTURE OF CEAFCs

2019 CEAFCs PROFESSIONAL DEVELOPMENT RETREAT

May 29th- May 31st

Arapahoe County Extension
6934 S. Lima St. b
Centennial, CO. 80112



Wednesday, May 29, 2019

12:00pm – 12:30pm Arrive at Arapahoe County Extension
Catered Lunch Provided

12:30pm – 1:00 Welcome & Retreat Overview

1:00pm – 2:30pm Real Colors- Connecting and Team-building- Tracy Trumper

2:30pm – 2:45pm Break

2:45pm – 4:00pm Mindfulness Moment- by Sue Schneider; Presented by Sheila Gains & Team

4:00pm – 4:30pm “What we are doing now!”- #fcs-my1thing: Instagram/Facebook Tutorial- Abby Weber

4:30pm – 5:00pm 85th Anniversary- NEAFCS- Membership- Gisele Jefferson/
Mary Ellen Fleming- Benefits of NEAFCS- Western Region Director
@ IKEA-Provided

Dinner **BIRTHDAY PARTY TO FOLLOW!** Cake and Punch! “Going Down Memory Lane”

Thursday, May 30, 2019

8:00am – 9:00am CEAFCs Business Meeting

9:00am – 10:00am NFSH PRU update & Share- Jessica Clifford spreadsheet- Association

10:00am- 10:15am Break

10:15am- 11:15am Individual, Family Community Wellness PRU update & Share- Gisele Jefferson & Association

11:15am-11:30am Pack-up to go to lunch and tour- Light rail to downtown

12:00pm – 1:00pm Lunch Downtown-On your own; Larimer Square/16th St. Mall (See options listed pg. 3)

1:30pm – 3:00pm **Money Museum Tour** (Must have a valid ID- driver’s license)

3:00pm – 3:15pm Walk back to cars- head to Arapahoe County Extension

4:00pm – 6:00pm Multi-cooker demonstration & Dinner- Sheila Gains & Agent Assistants

Friday, May 31, 2019

8:45am Meet at **Johnson & Wales Denver**

9:00am - 11:30am JWU tour

11:30am – 12:30pm JWU Dept. Head Q & A

12:30pm – 1:00pm Order- in for lunch- provided

Travel Safe Home!!

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REGISTRATION:

- CEAFCs/NEAFCS members/non-members PD Conference: ?????
Includes lunches all three days, Dinner Wednesday and Thursday, Snacks
- Retirees and Others for Birthday Party Dinner & Party and Multi-Cooker Demonstration meal: \$20.00

DEADLINE:

May 20th 12:00 midnight with email confirmation to Tracy Trumper at tracy.trumper@colostate.edu. Mail checks payable to CEAFCs at Yuma County Extension, c/o Joy Akey, 310 Ash St., Yuma, CO. 80758.

LODGING SUGGESTIONS: (Call for availability and pricing)

Hilton Garden Inn Denver Tech Center
7675 E. Union Ave.
Denver, CO. 80237
303-770-4200

Holiday Inn & Suites Denver Tech Center- Centennial
6638 S. Nome St.
Centennial, CO. 80111
303-708-3000

Hawthorn Suites by Wyndham Denver Tech Center
6780 S. Galena St.
Centennial, CO. 80112
303-416-4096

Sheraton Denver Tech Center Hotel
7007 S. Clinton St.
Greenwood Village, CO. 80112
303-799-6200

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CEAFCS Lunch options for Thursday, May 30th:

*All options are within walking distance to the Money Museum

Larimer Square

A block full of restaurant options, 2 blocks from Money Museum.

See listing here: <https://www.larimersquare.com/restaurants/>

16th Street Mall

Money Museum is located on the 16th Mall, which spans several blocks. There multiple restaurant option here.

See listing Here: <http://16thstreetmalldenver.com/category/restaurants-food-drink/>

Within one block of Money Museum:

Rialto Café - American fare plus people-watching from the dining room & sidewalk seats.

<https://www.rialtocafe.com/>

Modern Market – A Sleek, counter-serve cafe for health-conscious salads & sandwiches, including vegan options.

<https://www.modernmarket.com/>



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