

## **Social Activities at a Glance**

### **Winter Park Tour and Admission to Hannibal Square Heritage Center**

Downtown Winter Park's charm is magnified in its details; hidden gardens and side streets that are home to unique stores, a farmer's market that attracts both locals and visitors alike. Running through the heart of Winter Park is Park Avenue. Park Avenue is home to one-of-a-kind boutiques and well-known shops, sidewalk cafes as well as world-renowned art collections in the area's museums. Often called "Little Europe," Park Avenue is sure to charm visitors of all ages. The **Hannibal Square Heritage Center** represents a first-of-a-kind experience where members of the community itself tell the history of a community. The Heritage Collection, The Hannibal Square Timeline, chronicles significant local and national events in civil rights and African-American history, and public art installations and educational programs that explore the African-American experience, southern folklore and cultural preservation. The group will hear the history of West Winter Park told by historian Fairolyn Livingston: Fairolyn Livingston is a native and local historian of Hannibal Square in Winter Park, Florida. Enjoy lunch on your own at any one of the numerous sidewalk cafes.

### **Farris and Foster's Chocolate Factory & Lunch**

*This is the sweetest team building activity that you'll ever do WITHOUT guilt!* In the chocolate factory, participants will observe a 12 minute demonstration of how to make *your favorite chocolate* confections ~ dark chocolate. After the demonstration, participants will individually make 1 pound of their favorite chocolates to take back to the hotel and consume! Lunch provided.

### **Seminole Hard Rock Hotel & Casino**

**Who's ready to be a MILLIONAIRE?** Enjoy the adrenalin rush of rocking with over 2,300 slots and table games – featuring Vegas Style slots. Whether you're playing with pennies or more, there's a game for you within the over 145,000 square foot gaming floor. The Hard Rock Casino includes video poker, roulette, blackjack, hot shots, blazing 7's, wheel of Fortune plus classics like double diamond, Red, White and Blue and Five times pay and many others! Of the numerous table games, Black jack, Baccarat, Let it ride, Three-card poker are the leading. The casino and connecting stunning 12 story Hollywood Florida hotel sets the stage for unsurpassed indulgence and unforgettable excitement to include opportunities for shopping, clubs, dining, entertainment and relaxation. **Upon arrival at the casino**, participants will receive a playing voucher valued at \$25.

### **Card Games**

Enjoy a morning of games, prizes and snacks on the premises of the Gaylord Palms Hotel & Convention Center, garden area. Try your hand at Bid Whist, Bridge and Pinochle.

### **Home Tours**

Spend a fantastic afternoon behind the gates of Lake Down Pointe viewing three beautiful homes in Orlando, Florida. The homes are two stories, Modern Mediterranean Elegantly styled, 7 – 10,000 square feet with grand rotunda foyer entrances, formal living and dining rooms, European kitchens, Elegant wine rooms, Game rooms, Home theatre rooms, pools, spas and cabana areas. The £3 – £5 million dollar homes encase numerous amenities along with master oversized suites and window treatments allowing the scenic views of the verdant landscaping. Undoubtedly a pristine atmosphere that provides the epitome of privacy and exclusivity – unparalleled to none! You may climb stairs for exercise or use the elevators ~ it's your choice. Unlike Disneyland, also in Orlando, Windermere is a magic kingdom for the privileged and privacy loving. Whatever their exterior style, houses are palatial inside. After touring the dream homes, enjoy lunch at the beautiful home of Premier Nutritionist and Author of *Slim Down Sister*, Roniece Weaver, MS, RD, LD.

### **The "Little Black Dress" ~ Jazz Luncheon**

Enjoy to the fullest an exciting afternoon of sheer delight at an exquisite fashion show extravaganza featuring the "**Little Black Dress**" and jazz luncheon. Regardless of the occasion, brunch or an evening wedding, discover the versatility of '*your*' Black dress. The designer will highlight how to rock your Black dress with accessories and more; instantly transforming the look. In addition to learning everything

about the “little black dress”, you will enjoy the vendors’ chic, elegant fashions, and some tailored and trendy designs to die for! Come for an experience that will challenge your creativity, and arouse your fashion sensations.

## Workshops

### Workshop I – Nutrition: “Make Healthy Choices” and cooking demonstration

Health officials around the globe are encouraging more physical activity and better nutrition as ways to combat obesity. While there may not be a cure for obesity, we do have the ability to make responsible choices. With proper nutrition, exercise and simple lifestyle changes, the factors associated with obesity will be diminished. This workshop will introduce the basic nutrition concepts for health and fitness. The participant will understand the current dietary recommendations for maximizing well-being and minimizing risk of chronic diseases. The focus will target the use of tables, food guides, and guidelines for making healthy food choices. Materials include unique nutrition needs for selected stages of the lifecycle, methods for evaluating credibility of nutrition claims, safe and economic use of supplements, basic elements of food safety, diet for exercise and sports, and personal dietary evaluation techniques. Mrs. Roniece Weaver, MS, RD, LD will provide a cooking demonstration illustrating healthy choices enabling participants to be better informed. Mrs. Weaver’s *New Soul Food Cookbook for People with Diabetes* was a blockbuster with more than 75,000 copies in print. The spectacular cooking demonstration will show you how to cut the fat, cholesterol, and salt in your favorite soul food recipes while still keeping the flavor you deserve! CME to be awarded

### Workshop II – Exercise: Small Moves Make a Difference

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation’s leading cause of death, and decreases the risk for diabetes, high blood pressure and colon cancer. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among the elderly; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from moderate physical activity such as 30 minutes of brisk walking five or more times a week or toning, stretching and low impact exercises. The nation failed to meet four goals for improving the health status of Older Americans, physical activity, nutrition, weight and injuries and deaths due to falls. We must do our part to help reach the goals for Healthy People 2010! During this workshop, participants will experience warm-ups, flexibility/ stretching, strength training, and low impact exercises. Donna Richardson, Fitness Guru (*invited*) CME to be awarded.

## Auxiliary Social Activities & Free Workshops

*Ticket Request*  
July 31 – August 4, 2010

<i>Day/Date</i>	<i>Social Activity</i>	<i>Price Prior to June 30</i>	<i>Price After June 30</i>	<i>Number of Tickets</i>	<i>Price</i>
<i>Saturday, July 31</i>	<i>Golf Package</i>	<i>\$200.00</i>	<i>\$210.00</i>		
<i>Saturday, July 31</i>	<i>Cards and Games – Bid Whist, Bridge, Pinochle</i>	<i>\$35.00</i>	<i>\$45.00</i>		
<i>Sunday, August 1</i>	<i>ANMA/NMA Benefit Concert</i>	<i>TBD</i>			
<i>Sunday, August 1</i>	<i>ANMA/NMA Prayer Breakfast/Memorial Service</i> <b>**Tickets must be reserved**</b>	<i>Gratis-Limited To 2 tickets</i>	<i>Gratis-Limited To 2 tickets</i>		

Sunday, August 1	Home Tour	\$85.00	\$95.00		
Sunday, August 1	Winter Park & Museum Tour	\$85.00	\$95.00		
Sunday, August 1	Chocolate Factory Tour	\$85.00	\$95.00		
Monday, August 2	"Little Black Dress" Jazz Scholarship Luncheon	\$100.00	\$110.00		
Monday, August 2	Casino Night	\$25.00	\$35.00		
Tuesday, August 3	Workshops I & II	Gratis			
			<b>Total</b>		\$

***I will attend the following Workshops:***

- Workshop 1 – Nutrition: “Make Healthy Choices” & Cooking Demo**
- Workshop 2 – Exercise: Small Moves Make A Difference**

***PLEASE PRINT ALL INFORMATION IN INK AND LEGIBLY!***

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Telephone ( )** \_\_\_\_\_ **Auxiliary** \_\_\_\_\_

***Tickets for Social Activities reserved prior to June 30, 2010 may be picked up at the ANMA Social Activities Desk in the Registration Area. Cash, Traveler's Checks, MasterCard and Visa are accepted at convention. NO PERSONAL CHECKS WILL BE ACCEPTED ON SITE!***

***If you are paying by MasterCard or Visa, please complete the following: 9 MasterCard 9Visa***

**Account #** \_\_\_\_\_ **3-digit security code** \_\_\_\_\_ **Exp. Date** \_\_\_\_\_

**Name As It Appears On The Card** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

***Checks should be made payable to: ANMA, Inc.***

***Ticket requests for Social Activities should be mailed to:***

{ ANMA, Inc.  
1719 Lakeside Drive  
Wilson, NC 27896  
Attn: Sharon Melvin }

***For more information visit [www.anmanet.org](http://www.anmanet.org)  
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