

Vermont's largest event for Baby Boomers and seniors to be held Jan. 30 in Burlington

Vermont's largest event for Baby Boomers and seniors, the Vermont 50 Plus and Baby Boomers EXPO, will be held Saturday, Jan. 30, 2010 at the Sheraton Burlington Hotel and Conference Center from 9 a.m.-4 p.m.

The 15th annual event designed especially for those age 50 and older, but all ages are welcome.

Highlights of the event include: a fashion show; "host with the most contest;" over 75 exhibitors offering a wide range of goods and services in the areas of health and wellness, housing, arts and entertainment, travel, home decor, finance, volunteering, and more; art demos with watercolorist Kathleen Berry Bergeron; the Lyric Theatre Company presents "Broadway Today" featuring songs from Broadway shows past and present; Lyric Players "lighthearted look at serious stuff;" lunchtime jazz with the Miller Trio; and an afternoon dance party with Charlie Rice of C-Note Entertainment.

The EXPO also offers seminars throughout the day in the areas of health and wellness, finance, travel, successful retirement, home remodeling, as well as three unique dating workshops – each with a different focus – presented by Compatibles, and two workshops on beauty tips (see details below).

The EXPO will feature a silent auction with proceeds donated to the Champlain Valley Agency on Aging, and EXPO prize giveaways include a trip for two to Foxwoods and Mohegan Sun casinos courtesy of Vermont's Green Mountain Tours.

Tickets are \$5 at the door, or \$4 in advance when purchased at the University Mall customer service desk in South Burlington, or by calling Vermont Maturity Magazine at 872-9000 x19.

A portion of all proceeds benefit the Champlain Valley Agency on Aging, which provides vital services to area seniors including the Meals on Wheels program and the Senior HelpLine.

The EXPO is presented by Vermont Maturity Magazine, and other sponsors include BISCHA, Wake Robin, VSAC, and Blue Cross and Blue Shield of Vermont.

For advance tickets, call 872-9000 x19. For more information about the event or about participating as a vendor, call Marianne Apfelbaum at 802-872-9000 x18 or visit www.vermontmaturity.com

SEMINARS

9:15 a.m. - Your Health: What's Hot, What's Not presented by Blue Cross Blue Shield of Vermont

10:15 a.m. – Individual Wellbeing for a Lifetime presented by Wake Robin

11:15 a.m. – Reverse Mortgages – Everything You Need To Know presented by the VT. Dept. of Banking, Insurance, Securities and Health Care Administration

12:15 p.m. – Safe Travel and the Fine Art of Packing presented by Vermont's Green Mountain Tours

1:15 p.m. – Innovative Home Remodeling Ideas for Empty Nesters presented by Tim Frost, President, Homebuilders and Remodelers Association of Northern Vermont

2:15 p.m. – Retirement and Asset Protection presented by The Vermont Agency

3:15 p.m. – The Case for Roth IRAs presented by Ameriprise Financial

BEAUTY WORKSHOPS

Presented by Irina Leontieva and Erin Jewell of MD Cosmetic Laser & Botox

- Beauty Tips for Looking Younger

11:00 a.m. and 1:30 p.m.

Topics covered include facial treatments for a youthful appearance, wrinkle treatments, updating your makeup, and permanent makeup services.

DATING WORKSHOPS

Presented by Nicole LeClerc of Compatibles

- Are You Really Ready To Date?

9:30 a.m.

This presentation will cover the groundwork needed before you start dating again, addressing things like: what to wear, where to go, your short list, do you have the “right” mindset, who pays these days?

- The Best Dating Tips For Success with Any Date

12:00 p.m.

No fail tips on what to do and what NOT to do. Matchmaking for over five years now has given me an inside window into thousands of first dates. Shocking common mistakes that ‘everyone’ makes. Give yourself the edge and be armed before you head out the door for topics/questions that are safe and topics that are minefields!

- Questions to Ask In Deciding If He/She is Second-Date Worthy

3:00 p.m.

You’ll be surprised to learn that most fulfilling long-term relationships/marriages were not founded on “instant chemistry.” Learn why this “spark” is overrated and how amazing relationships can develop if the expectation of electric chemistry isn’t there on the first date.