8:00-9:00 a.m. Registration
9:00-9:15 a.m. Welcome and Introductions
9:15-10:00 a.m. KEYNOTE: Firm Foundation – Bright Future
OSU’s 1st President Edward Orton (Ron St. Pierre, Professor Emeritus, Anatomy) will be interviewed by William I. Ausich, Director, Orton Geological Museum.
OSU’s 15th President Michael V. Drake will share his views of our future.
10:00-10:30 a.m. Exhibits and Refreshments
10:30-11:15 a.m. Breakout Session I (Select one)
• Advanced Computing Center for the Arts and Design (ACCAD): Janet Parrott, Director (ACCAD), will share how the center’s vision has expanded since its beginning.
• Fearless Falling and Reducing Injuries: Mike Grigsby, retired OSU Biomedical Design Engineer, will demonstrate ways to protect yourself with safe falling techniques.
• Dark Energy and the Accelerating Universe: Barbara Ryden, Professor in Astronomy, will discuss the expansion of the universe and the hunt to find the “dark energy.”
• Downsize and Organize into the Next Chapter: Julie Riber and Ellen Limes, both Certified Professional Organizers, will share their tips and experiences.
11:30-12:15 p.m. Breakout Session II (Select one to attend)
• The History and Influence of the Oval and Mirror Lake Hollow: Tamar Chute, University Archivist, and Stephen Volkmann, University Landscape Architect, will discuss the significance of Mirror Lake Hollow and the Oval.
• The Importance of Stretching and Flexibility as We Age: Spencer Fee, ACSM-EP, will involve practicing a flexibility assessment and several useful stretches.
• The Horror of 9-11 and the Kindness of Strangers: Shirley Brooks-Jones, OSU Emerita and OSURA member, will share her experiences on that fateful day.
• When OPERS or STRS Retirement Does Not Pay the Bills: Carol A. Ventresca, Executive Director, Employment For Seniors, Inc.; and Marilyn Bury Rice, Director, OSU Lhota will assist you in becoming the best candidate for your next job.
12:20-1:20 p.m. Lunch in the Fawcett Center Ballroom
1:30-2:15 p.m. Breakout Session III (Select one to attend)
• “Time and Change Will Surely Show...”: Director Robert Ward and the Men’s Glee Club will celebrate Ohio State’s 150 years with...“How firm thy friendship.”
• Restorative Yoga – Relax and Refresh: Beth Steinberg, Registered Yoga Teacher, will present you with a gentle, relaxing series of movements and positioning.
• Getting Older Is Not For Sissies: I. David Cohen, author of 1000 Years of Memories, will trace the life stories of individuals who have reached the age of 100 or beyond.
• Senior Options: In-Home Services and Community Resources: Janet Caldwell, Franklin County Office on Aging, will provide you timely information and resources.
2:30-3:15 p.m. Healthcare and Benefits
• STRS – This session will include any changes to the members’ plans for benefits or health care programs for 2020 and an update on the status of their retirement in general.
• OPERS – This session will include any changes to the members’ plans for benefits or health care programs for 2020 and an update on the status of their retirement in general.

OPTIONAL TOURS ($10 charge) Leave at 3:30 p.m. (A bus will take you and return you to the Fawcett Center)
• Chadwick Arboretum
• CAR – Center for Automotive Research
• Campus Bus Tour