
SENIOR SPEAKER SERIES

INTRODUCING TINY'S NEW 2017-2018 SENIOR SPEAKER SERIES

Tiny will be hosting 7 **FREE** workshops that will address issues related to seniors. A full description of each session topic will be posted one month in advance. **Registration is required** to attend.

Safe Driving & Transportation | Nov. 8th 2017 | 9:00-11:00 AM

Lafontaine Community Centre (342 rue Lafontaine Rd W)

The Ministry of Transportation, & Community Reach TLC.

Coffee, tea, and snacks provided.



Healthy Lifestyles (Part 1) Wholesome Eating & Active Living

Nov. 15 2017 | 9:30 AM-1:30 PM & 2:00 PM - 3:30 PM | Wyebridge

Morning session: cooking with *Andre from Ciboulette et Cie*

Afternoon session: fitness with *Chigamik*, and *Here & Now Health Services*.



Healthy Lifestyles (Part 2) Self-Care & Healthy Minds

Nov. 28 2017 | 1:00 PM-3:30 PM | Wyebridge Community Centre

Chigamik, Here & Now Health Services, Alzheimer Society.

Afternoon coffee, tea, and snacks provided.



Senior Safety & Self-Defense | January 2018, date to be determined

The Place (300 Balm Beach Road, Tiny)

The Community Policing Committee, OPP, & Crime Stoppers.

Light Refreshments will be provided.



Budgeting, Banking & Estate Planning | Jan. 15 2018

9:00 - 11:00 AM | Lafontaine Community Centre (342 rue Lafontaine Rd W)

The Ministry of Finance and Steve Renault - Middle Retirement.

A light continental breakfast will be provided.



In-Home Services; Opening Doors & Minds | Feb. 4 2018

1:00-3:30 PM | Tiny Township Community Centre (91 Conc. 8 E, Tiny)

Independent Living Services, local in home service companies

Light refreshments provided.



Seniors Living in Tiny; Launch of the Senior Directory

Mar. 2 2018 | 1:30-4:00 PM | Tiny Township Community Centre

Volunteer Associations, Clubs, & Committees. Join us for live music, and refreshments.



For more **information, volunteer opportunities** or to **register**, contact Laura at **seniorsetiny.ca** or at 705-529-5909, or visit www.tiny.ca