



For immediate release

Township of Tiny Presents the Fall 2022 Senior Speaker Series

Date: August 25, 2022

(Tiny, Ontario) The Township of Tiny Senior Advisory Committee, in partnership with local organizations and service providers, is excited to release the 2022 Fall Senior Speaker Series.

“We are happy to once again provide the community of North Simcoe with the opportunity to engage and learn from experts who are leaders in their respective specialties,” said Chris Greer, Chair, Senior Advisory Committee. “The Senior Speaker Series is an opportunity to inspire and energize older adults to help navigate the aging process.”

Four free workshops will be offered and will address various topics related to seniors:

Navigating the Health Care System

Date: Wednesday, September 14

Time: 9:00 to 11:00 a.m.

Location: Lafontaine Community Centre (342 rue Lafontaine Road West)

“Planning the Future”

Learn how to access specific services in our community for the needs of aging Seniors as well as procedures for assessment for home care or for placement in alternative housing. **It is hoped that the Seniors who can attend this workshop can be accompanied by a family, friend, or possible future caregiver.**

Note these spaces are available on a first-come, first-serve basis, and are limited.

Body, Mind, and Spirit

Date: Thursday, October 20

Time: 1:00 to 3:00 p.m.

Location: Georgian Shores Seniors - The Place (300 Balm Beach Road, West)

“Healthy Eating for Seniors”

Healthy eating is a key part of aging well. As you age, you face different changes that make eating seem more challenging. We will show you how to cope with these issues.

“Physiotherapist VS Chiropractor”

Do you know the difference? There are differences & similarities between seeing a physiotherapist or a chiropractor. The speaker series will aid you in making the proper choices.

“Seniors & Physical Activity”

There are health benefits to being active and strengthening your “CORE”. Proper physical activity will aid in your health status and ease the stress in the medical areas.

Note these spaces are available on a first-come, first-serve basis, and are limited.

The Powers That May Be...

Date: Wednesday, October 26

Time: 9:00 a.m. to 12:00 p.m.

Location: Township of Tiny Community Centre (91 Concession 8 East)

Hosted by the Prevention of Senior Abuse Network Simcoe County (PSAN-SC), information will be shared regarding different types of Powers of Attorney (POA); the difference between Guardianship and POA, and so much more.

Seniors Keeping Active – Programs and Volunteers

Date: Tuesday, November 22

Time: 1:00 to 4:00 p.m.

Location: Township of Tiny Community Centre (91 Concession 8 East)

Physical activity is essential to Healthy Aging. This workshop will show why activity can help prevent or delay many of the health problems that seem to come with age. It also helps muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Keep in mind, that some physical activity is better than none at all. We also hope to show how volunteerism helps keep Seniors both socially and physically active.

All Workshops are free and are open to residents of North Simcoe. Registration is required and light refreshments will be provided. To read the full details visit www.tiny.ca/seniors.

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For more information, volunteer opportunities or to register, contact:

Recreation and Culture

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