

---

*For immediate release*

## **Township of Tiny announces 2023 Senior Speaker Series**

**Date:** September 12, 2023

**(Tiny, Ontario)** The Township of Tiny's Senior Advisory Committee, in partnership with local clubs and service providers, offers workshops for seniors annually. The workshops are free, open to residents of North Simcoe, and are geared toward addressing topics that concern older adults.

Registration is required and light refreshments are provided. Interested residents can enroll for any of the events online at [www.tiny.ca/seniors/workshops](http://www.tiny.ca/seniors/workshops) or reach out to the Recreation Department for assistance or with questions.

There are four events scheduled this Fall:

- **Keeping Active** – Thursday, September 21, 2023, from 1:00 p.m. to 4:00 p.m.  
Location: Township of Tiny Community Centre (91 Concession 8 East, Tiny)  
Discover the vitality of physical activity in aging, preventing health issues, strengthening muscles, and boosting well-being while connecting with your community.
- **Empowering Seniors** – Thursday, October 5, 2023, from 9:30 a.m. to 12:00 p.m.  
Location: Township of Tiny Council Chambers (130 Balm Beach Road West, Tiny)  
Gain an understanding of Powers of Attorney, vital for financial and healthcare decisions, and how to take control of your legal and financial well-being.
- **Health Care Support** – Thursday, October 26, 2023, from 1:00 p.m. to 3:30 p.m.  
Location: Lafontaine Community Centre (342 Lafontaine Road West, Tiny)  
Discover vital local healthcare services that enhance your well-being and connect you with healthcare professionals.
- **Cost of Healthy Eating** – Tuesday, November 9, 2023, from 9:30 a.m. to 12:00 p.m.  
Location: Township of Tiny Council Chambers (130 Balm Beach Road West, Tiny)  
Explore the link between food costs, insecurity, and nutrition. Gain insights on budgeting for healthy meals and overcoming challenges.

**-30-**

For more information:  
Recreation Department  
E: [recreation@tiny.ca](mailto:recreation@tiny.ca)  
T: 705-526-4204 Ext. 3

**For media inquiries, contact:**  
Jacqueline Brown, Communications Officer  
[jbrown@tiny.ca](mailto:jbrown@tiny.ca) • 705-526-4204 ext. 284

Receive Township of Tiny Press Releases directly to your phone or email: **Sign up for free at** [www.TinyConnect.ca](http://www.TinyConnect.ca)