

*For immediate release*

### Registration is open for the Township of Tiny's 2024 Senior Symposium

**Date:** April 26, 2024

**(Tiny, Ontario)** Join the Township of Tiny Senior Advisory Committee for our annual Senior Symposium event on Tuesday, June 4, 2024, from 10 a.m. to 2 p.m., at the Township of Tiny Community Centre (91 Concession Road 8 East, Tiny).

This event provides an opportunity for seniors and caregivers to learn about services for older adults, and features a variety of presentations from local service providers with topics such as:

- transportation services in North Simcoe by Bonita Desroches, Director of Recreation with the Township of Tiny, who presently sits on the Penetanguishene-Midland Transit Committee as a Councillor for the Town of Penetanguishene
- retirement by Allie Gordon, General Manager at the Villa Retirement Lodge
- long-term care homes by Tracy Hinks, Administrator for the Villa Care Centre in Midland
- how to navigate the health care system and qualify for a space in a long-term care home by April Smith, Director for Home and Community Care Patient Services for North Simcoe-Muskoka
- empowerment and self-advocacy by Jill Farren, Certified Master Empowerment and Life Coach, and
- a music therapy workshop by Kelly Lefaive, Musical Therapist, Registered Psychotherapist (Qualifying), performer, and music educator.

The theme for this year's symposium is "Honouring Seniors" which coincides with the highlight of the day, the Senior of the Year Award ceremony. This ceremony recognizes an outstanding senior who, during or after the age of 65, contributed to the enrichment of the social, cultural, or civic life of the Township of Tiny.

The Township of Tiny will give an update on the Local Aging Plan and provide participants with a copy of the Directory of Senior Services.

"As a community with a median age of 55, we regularly see the vibrancy that older adults bring to Tiny," said Mayor David Evans. "The Senior Symposium allows us to provide programming in partnership with our Senior Advisory Committee that directly speaks to our senior population about the services and opportunities that are available to them".

The symposium includes lunch and several opportunities to socialize. Admission is free, but spaces are limited and on a first-come, first-served basis.

**For media inquiries, contact:**

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## Press Release

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For more information or to register for the Senior Symposium, visit [www.tiny.ca/senior-symposium](http://www.tiny.ca/senior-symposium).

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