



Senior Speaker Series

Keeping Active



Thursday, October 3, 2024 9:30am to 12:00pm
Township of Tiny Community Centre (91 Concession 8 East, Tiny)

Explore the importance of physical activity in healthy aging. Discover how staying active can prevent or delay age-related health issues, strengthen your muscles for independent daily living, and enhance your overall well-being. Don't miss this opportunity to learn, stay active, and engage with your community! Please wear comfortable clothing for either sitting or standing exercises.

This workshop features an interactive presentation by Canada's National Ballet School on Sharing Dance for Older Adults which emphasizes the benefits that dance, whether seated or standing, can have on your physical, emotional, and social well-being. Additionally, we will have a lineup of expert fitness providers including Denis Gagne (Tai Chi), Helen Veninger (Exercise Drumming), and Laura Ellis (Chair Yoga) ready to guide you on various aspects of fitness and well-being. No prior experience is necessary – just come ready to have fun and stay healthy!

For more information and to register:

www.tiny.ca/seniors/workshops
seniors@tiny.ca • (705) 526-4204

Tiny's Senior Advisory Committee, in partnership with local clubs and service providers, is excited to host various workshops addressing topics and issues related to seniors, older adults, and their caregivers. Each event is free of charge; however participants are required to reserve a ticket in advance.

Future Workshops:

Social Connections • Wednesday, October 23, 2024 • 9:30am to 12:00pm

Jill Farren: Motivational Speaker • Thursday, November 7, 2024 • 9:30am to 12:00pm