



Senior Speaker Series

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

2-PART – Move Well, Feel Well: Discover Qigong and Reflexology

Wednesday, September 9, 10:00am - 12:00pm Township of Tiny Community Centre

Explore the benefits of Qigong and Reflexology through gentle movement, hands-on wellness education, and practical tools to support healthy aging and everyday well-being.

The Benefits of Being in Nature

Thursday, October 1, 10:00am - 12:00pm Township of Tiny Community Centre

Discover how spending time in nature can reduce stress, boost well-being, and support healthy aging through simple and meaningful outdoor experiences.

2-PART – Navigating the Health Care System Learn How to Stay On Your Feet!

Tuesday, October 20, 1:00pm - 3:00pm Georgian Shores Seniors Club

Learn how to access local health care services and discover practical strategies to improve balance, reduce fall risk, and maintain independence as you age.

2-PART – The Future is Old: Confronting Ageism for Better Health A Brighter Tomorrow and Mindful Downsizing

Thursday, November 5, 10:00am - 12:00pm Township of Tiny Community Centre

Explore how challenging ageism can lead to healthier aging followed by practical strategies for downsizing and preparing for life's next chapter with confidence.