

# Senior Speaker Series



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.

## Wills and Power of Attorney

*Join us for an informative speaking engagement on the importance of Wills and Power of Attorney, where expert insights will guide you through securing your future and protecting your loved ones.*

**Wednesday, September 11, 2024 9:30 AM to 12:00 PM**

Township of Tiny Community Centre (91 Concession 8 East, Tiny)

## Keeping Active

*Throughout this interactive session, we'll explore fun and effective ways to stay physically and mentally fit at any age. Attendees will participate in exercises and activities designed to boost well-being and keep active!*

**Thursday, October 3, 2024 9:30 AM to 12:00 PM**

Township of Tiny Community Centre (91 Concession 8 East, Tiny)

## Social Connections

*Learn about the impact of social isolation among Seniors and strategies to improve quality of life by building social connections.*

**Wednesday, October 23, 2024 9:30 AM to 12:00 PM**

Lafontaine Community Centre (342 Lafontaine Road West, Tiny)

## Jill Farren: Motivational Speaker

*Join us for an inspiring speaking engagement presented by a master empowerment and life coach, offering valuable strategies for enhancing your life and embracing your fullest potential.*

**Thursday, November 7, 2024 9:30 AM to 12:00 PM**

Township of Tiny Council Chambers (130 Balm Beach Road West, Tiny)

For more information and to register:

**[www.tiny.ca/seniors/workshops](http://www.tiny.ca/seniors/workshops)**

**recreation@tiny.ca • (705) 526-4204**

**Note: Session dates and times are subject to change.**