

Schedule

September 7, 2017

8:30 – 4:30 Art Show & Sale – St. Michael Room

8:15 – 9:15	Registration – Foyer Coffee and Continental Breakfast – Grand Ballroom							
9:15 – 10:30	Keynote Speaker: Peter Brown writer, producer and host of <i>The Irrelevant Show</i> – Grand Ballroom							
10:30 – 10:45	Coffee Break – Grand Ballroom							
Room	Grand Ballroom	Executive Capacity 70	Leland Capacity 70	Roseberry Capacity 50	Rosslyn Capacity 30	Vermillion Room Capacity 50	St. Michael Atrium Capacity 50	Commercial Capacity 80
Session 1								
10:45 – 12:00		Declutter Your Life <i>Daina Benson</i>	My Camera is My Phone? <i>Rod Lester</i>	Relationships in Retirement <i>Dr. Bonnie Haave</i> <i>Dr. Stephen Carter</i>	Update on the ARTA Benefit Plan <i>Gary Sawatzky</i>	New Varieties of Plants <i>Bob Stadnick</i>	Line Dancing <i>Tracy Van Dyk</i>	Income Streaming in Retirement <i>Rick Harcourt</i>
12:00 – 1:00	Lunch – Grand Ballroom							
Session 2								
1:00 – 2:15	Courage is the Bird that Soars as It Spreads Its Wings <i>Denise Hoag</i>	Keep Laughing <i>Susan Sneath</i>	Android or Apple Devices: Which to Choose? <i>Terrance Judge</i>	The Fundamentals of Estate Planning <i>Stephanie Tsui</i>	Cheese for the Novice to the Connoisseur <i>Fern Janzen</i>	Sexy Seniors <i>Dr. Brian Parker</i>	Cardio Salsa <i>Maria Yakula</i>	
2:15 – 2:30	Coffee Break – St. Michael Atrium							
Session 3								
2:30 – 3:45		Wine 101 <i>Stephen Richmond</i> <i>(\$10.00 fee)</i>	Tips and Tricks for Apple and Android Phones and Tablets <i>Terrance Judge</i>	Travel With Confidence <i>Jan Baker</i>	Spring Forest Qigong <i>Carolynne Melnyk</i>	Hearing Loss and Hearing Aids—Will They Help? <i>Cindy Gordon</i>	Golf (Swings and Putting) <i>Katrina Kelly</i>	
3:45 – 4:30	Wine Down – St. Michael Atrium							