

# Draft Schedule

September 5, 2019

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

8:15–9:15	Registration – Foyer Coffee and Assorted Pastries – Grand Ballroom							
9:15–10:30	Keynote Speaker: <b>Catherine Samson</b> – Grand Ballroom							
10:30–11:00	Coffee Break – Grand Ballroom							
<b>Room</b>	<b>Grand Ballroom</b>	<b>Executive Capacity 70</b>	<b>Leland Capacity 70</b>	<b>Roseberry Capacity 50</b>	<b>Rosslyn Capacity 35</b>	<b>Vermillion Capacity 30</b>	<b>St. Michael Atrium Capacity 50</b>	<b>Commercial Capacity 80</b>
Session 1								
11:00–12:00		<b>Traveling Solo but Not Alone</b> <i>Cindy Marleau</i>	<b>Scams – The Bane of Daily Life</b> <i>Jon Johansson</i>	<b>Full Circle</b> <i>Melissa Purcell</i>	<b>Gardening for Small Spaces</b> <i>Bob Stadnyk</i>	<b>ARTA Benefit Plan</b> <i>Gary Sawatzky</i>	<b>Pickle Ball</b> <i>Helen Thomson</i>	<b>Considering Cannabis? – The Highs and lows</b> <i>Tamara Hartson</i>
12:00–1:00	Lunch – Grand Ballroom							
Session 2								
1:00–2:00		<b>Humour Laughing Your Way Through Life</b> <i>Giselle Yanish</i>	<b>Archive Your Photographs</b> <i>Terrance Judge</i>	<b>Meals - a Table for One</b> <i>TBD</i>	<b>The 10,000 Step Myth</b> <i>Katherine Andrews</i>	<b>Medical Assisted Dying</b> <i>Dr. Douglas Faulder</i>	<b>Pet Therapy</b> <i>Linda Shaw and Flynn</i>	<b>Making the Most of the Outdoors</b> <i>Leigh McAdam</i>
2:00–2:30	Coffee Break – St. Michael Atrium							
Session 3								
2:30–3:30		<b>Sleep Precious Sleep</b> <i>TBD</i>	<b>The Device of a Thousand Uses</b> <i>Terrance Judge</i>	<b>Defying Ageism</b> <i>Dr. David Long</i>	<b>Birds, Bees and Bats</b> <i>TBD</i>	<b>Genealogy: Take Pride in Your History</b> <i>TBD</i>	<b>Golf</b> <i>Katrina Kelly</i>	<b>Improving One's Flexibility and Health</b> <i>TBD</i>
3:30–4:30	Wine Down – St. Michael Atrium							