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| *Conference**Schedule**September 07, 2023* | | | | | | | |
| 8:00–9:00 | **Registration — Foyer** | | | **“Hava Java” & a pastry — Grand Ballroom** | | | |
| 9:00–10:15 | **Plenary Session & Keynote Speaker: Jeremy Albert — Grand Ballroom** | | | | | | |
| 10:15–10:45 | **Coffee Break — St. Michael Room** | | | | | | |
| 10:15–4:30 | **Displayers, Artisans and Jigsaw Puzzle Exchange — St. Michael Room** | | | | | | |
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|  | **Speaker Session 1** | | | | | | |
| 10:45–11:45 | **What’s OLD got to do with it?**  *Bryan Hall* | **Connecting Mindful Movement & Breath Work**  *Neeru Prashar* | **Ease into Memoir: Explore, Discover, Write**  *Jean Crozier* | | **Connect the Dots to Successfully Age in Place**  *Jolyn Hall* | **I Wish I had Asked More Questions!**  *Lynn Guigou* | **Recommended Trees & Shrubs**  *Bob Stadnyk* |
| 11:45– 1:00 | **Lunch — Grand Ballroom** | | | | | | |
|  | **Speaker Session 2** | | | | | | |
| 1:00–2:00 | **Long Stays and Hosted Tours**  *Merit Travel* | **Senior-Friendly Workout with Exercise Bands**  *Marlene Marvin* | **ARTA Benefit Plans Update**  *Gary Sawatzky* | | **The Upside of Downsizing**  *Lynn Fraser* | **Volunteering with Grandmothers of Alberta for a New Generation**  *Several Speakers* | **Improve Your Golf Game in Six Simple Steps**  *Katrina Kelly* |
| 2:00–2:30 | **Coffee Break — St. Michael Room** | | | | | | |
|  | **Speaker Session 3** | | | | | | |
| 2:30–3:30 | **Connecting Nutrition & Brain Health**  *Maria Kupreeva* | **Welcome to Pickleball**  *Allie Kostyniuk* | **Immunization Options for Seniors**  *Dr. Grace Salvo* | | **Advocacy is for Everyone. Especially Now**  *Bradley Lafortune* | **Discover Opportunities with Volunteering**  *Scott Lundell* | **Building Bridges – Speaking with Transgender Youth**  *Amelia Newbert* |
| 3:30–4:30 | **Wine Down — St. Michael Room — Sponsored by TW Insurance Brokers**  Badge Tick1 with solid fillDoor prizes Badge Tick1 with solid fillwine Badge Tick1 with solid fillnibblies Badge Tick1 with solid filla chance to meet up and chat about your day! | | | | | |  |

Room assignments for presentations will be included in the conference booklet.