


Conference Schedule

September 12, 2024

8:00 – 9:00	Registration — Foyer	<p>“Hava Java” — Grand Ballroom Sponsored by BAYSHORE HOME HEALTH</p> 
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9:00–10:15	<p>Welcome & Keynote Speaker: Ken Valgardson — Grand Ballroom Sponsored by CHARTWELL RETIREMENT RESIDENCES</p> 
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10:15–10:45	Morning Coffee Break — St. Michael Room
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10:15– 4:30	Displays, Artisans and Jigsaw Puzzle Exchange — St. Michael Room
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Speaker Session 1

10:45–11:45	<p>Intergenerational Trauma Jonathan Hooton</p>	<p>Balance, Strength and Function Cathy Taskey</p>	<p>Plan Today – Peace for Tomorrow Sarah Bailey and Vince Gobeil</p>	<p>Practicing Hope Dr. Ronna Jevne</p>	<p>Keeping your wits: tips for healthy brain ageing Dr. Adrian Wagg</p>	<p>Journey Beyond: Exploring the World of Travel Julie Bekdashe</p>
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11:45– 1:00	Lunch — Grand Ballroom
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Speaker Session 2


1:00–2:00	<p>Fraud PREVENTION: Protect yourself and do not become a victim! Cst. Amanda Trenchard</p>	<p>Golf: Learn 60% of the game in 60 minutes! Katrina Kelly</p>	<p>ARTA Benefit Plans Update Gary Sawatzky</p>	<p>Building Bridges – Connecting with and Supporting Trans Youth Amelia Newbert</p>	<p>Planning Your Senior Living Journey Tara Hengst</p>	<p>Moving Forward with Mobile Devices Terrance Judge</p>
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2:00–2:30	Afternoon Coffee Break — St. Michael Room
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Speaker Session 3

2:30–3:30	<p>Your Trees – Proper Pruning and Detecting Diseases Milton Davies</p>	<p>Tai Chi: Restore your natural balance of mind and body Brad Schultz</p>	<p>Steps to Making a Memorable Memoir Peter Midgley</p>	<p>Sole Comfort – Foot Health for Life Tim Moffitt</p>	<p>It’s Time Rethink Women’s Heart Health Dr. Colleen Norris</p>	<p>What’s Out There? Royal Astronomical Society of Canada</p>
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Wine Down

3:30–4:30	<p>Wine Down — St. Michael Room — Sponsored by ORBIT INSURANCE SERVICES</p> <p> <input checked="" type="checkbox"/> Door prizes <input checked="" type="checkbox"/> No-host bar <input checked="" type="checkbox"/> Nibbles <input checked="" type="checkbox"/> A chance to meet up and chat about your day! </p> 
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