


Conference Schedule

September 12, 2024

8:00 – 9:00		Registration — Foyer			“Hava Java” — Grand Ballroom Sponsored by IRIS		IRIS
9:00–10:15		Welcome & Keynote Speaker: Ken Valgardson — Grand Ballroom Sponsored by CHARTWELL RETIREMENT RESIDENCES					
10:15–10:45		Morning Coffee Break — St. Michael Room					
10:15– 4:30		Displayers, Artisans and Jigsaw Puzzle Exchange — St. Michael Room					
Speaker Session 1							
10:45–11:45	<i>Intergenerational Trauma</i> Jonathan Hooton	<i>Balance, Strength and Function</i> Cathy Taskey	<i>Plan Today – Peace for Tomorrow</i> Sarah Bailey and Vince Gobeil	<i>Practicing Hope</i> Dr. Ronna Jevne	<i>Keeping your wits: tips for healthy brain ageing</i> Dr. Adrian Wagg	<i>Journey Beyond: Exploring the World of Travel</i> Julie Bekdashe	
11:45– 1:00		Lunch — Grand Ballroom					
Speaker Session 2							
1:00–2:00	<i>Fraud PREVENTION: Protect yourself and do not become a victim!</i> Cst. Amanda Trenchard	<i>Golf: Learn 60% of the game in 60 minutes!</i> Katrina Kelly	<i>ARTA Benefit Plans Update</i> Gary Sawatzky	<i>Building Bridges – Connecting with and Supporting Trans Youth</i> Amelia Newbert	<i>Planning Your Senior Living Journey</i> Tara Hengst	<i>Moving Forward with Mobile Devices</i> Terrance Judge	
2:00–2:30		Afternoon Coffee Break — St. Michael Room					
Speaker Session 3							
2:30–3:30	<i>Your Trees – Proper Pruning and Detecting Diseases</i> Milton Davies	<i>Tai Chi: Restore your natural balance of mind and body</i> Brad Schultz	<i>Steps to Making a Memorable Memoir</i> Peter Midgley	<i>Sole Comfort – Foot Health for Life</i> Tim Moffitt	<i>It’s Time Rethink Women’s Heart Health</i> Dr. Colleen Norris	<i>What’s Out There?</i> Royal Astronomical Society of Canada	
3:30–4:30		Wine Down — St. Michael Room — Sponsored by ORBIT INSURANCE SERVICES					
		<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!					
						