







Conference Schedule

September 12, 2024

8:00 – 9:00		Registration — Foyer		“Hava Java” — Grand Ballroom		
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> <i>Jonathan Hooton</i>	<i>Balance, Strength and Function</i> <i>Cathy Taskey</i>	<i>Plan Today – Peace for Tomorrow</i> <i>Sarah Bailey and Vince Gobeil</i>	<i>Practicing Hope</i> <i>Dr. Ronna Jevne</i>	<i>Keeping your wits: tips for healthy brain ageing</i> <i>Dr. Adrian Wagg</i>	<i>Journey Beyond: Exploring the World of Travel</i> <i>Julie Bekdashe</i>
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> <i>Cst. Amanda Trenchard</i>	<i>Golf: Learn 60% of the game in 60 minutes!</i> <i>Katrina Kelly</i>	<i>ARTA Benefit Plans Update</i> <i>Gary Sawatzky</i>	<i>Building Bridges – Connecting with and Supporting Trans Youth</i> <i>Amelia Newbert</i>	<i>Planning Your Senior Living Journey</i> <i>Tara Hengst</i>	<i>Moving Forward with Mobile Devices</i> <i>Terrance Judge</i>
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> <i>Milton Davies</i>	<i>Tai Chi: Restore your natural balance of mind and body</i> <i>Brad Schultz</i>	<i>Steps to Making a Memorable Memoir</i> <i>Peter Midgley</i>	<i>Sole Comfort – Foot Health for Life</i> <i>Tim Moffitt</i>	<i>It’s Time Rethink Women’s Heart Health</i> <i>Dr. Colleen Norris</i>	<i>What’s Out There?</i> <i>Royal Astronomical Society of Canada</i>
3:30–4:30		Wine Down — St. Michael Room — Sponsored by ORBIT INSURANCE SERVICES				
		<div><div> Door prizes</div><div> No-host bar</div><div> Nibbles</div><div> A chance to meet up and chat about your day!</div></div> <div></div>				