

Coffee and Treats
Sponsored By:



THURSDAY, January 11
11 AM - 1 PM
In the Atrium



Bryan Hall

Bryan Hall from 630 CHED will be in to recount fascinating stories from his remarkable career as a sports and newscaster.



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THURSDAY, January 25
11 AM - 1 PM
In the Atrium

Have you ever encountered barriers you face to remain in your home?

From big projects like ramps and chair lifts, to smaller projects like instillation of mobility handles. Come and learn more about what options are available to you to ensure you can remain in your home.



My Home Concierge focuses on:

- enlightening homeowners about the significance of proactive maintenance, whether you prefer a hands-on or hands-off approach.



The VAD Society focuses on:

- the importance of fostering an attitude amongst people with disabilities
- encouraging the personal participation in overcoming social and physical barriers to their full participation in society.



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THURSDAY, February 8
11 AM - 1 PM
In the Atrium



Bob Layton



Shane Blakely

Join Bob Layton and Shane Blakely to hear and see funny, bizarre, and even sad stories from their years in broadcasting. Stories from behind the microphone and high in the sky.



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THURSDAY, February 22
11 AM - 1 PM
In the Atrium

Fraud and Scam Awareness

Constable Amanda Trenchard will be in to educate you on fraud and scam awareness as well as provide tips and tricks on how to protect yourself.



Introduction to Arc for Seniors

ETS will be in to provide you with information about arc, how it works, how to get started, and answer any questions you have!



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THURSDAY, March 14
11 am - 1 pm
In the Atrium

PUZZLE EXCHANGE!



**Bring your gently used puzzles
and swap them for new ones!**

**We will also have puzzles for sale
if you have none to exchange.**

Coffee and Treats
Sponsored By: TBA



THURSDAY, March 28
Coffee/Socialization 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium



**Come watch our
advanced Tap Dance
group perform!**



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Accessible
Acupuncture

THURSDAY, April 11
Coffee/Socialization 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium

Low Back Pain is Not Due to Age!
Discover the top 5 true reasons for Low Back Pain



Dr. Melanie Morrill
Acupuncturist

Join us for an enlightening presentation by Dr. Melanie Morrill Ac., and learn the top five causes of back pain - Hint: it's not your age!



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THURSDAY, April 25
Coffee/Socialization 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium



Falls and Fall Prevention

This presentation will discuss the implications for falls in elderly and the role of physical therapy in exercise in reducing the risks and risk factors leading to falls.

Come learn about an array of topics including:

- what is a fall
- why do they happen
- what risk factors exist which can be controlled to manage the risk of a fall in older adults.

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A stylized coffee cup with steam rising from it. The words "CUPPA CORNER" are written inside the cup.

CUPPA
CORNER

THURSDAY, May 9
Coffee/Socialization 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium

Seniors Can
SHUMKA

Come learn some Ukrainian Shumka dance moves while immersing yourself in the captivating melodies of Ukrainian music!

Ela Euro Cafe will have a special pierogi lunch available for purchase!



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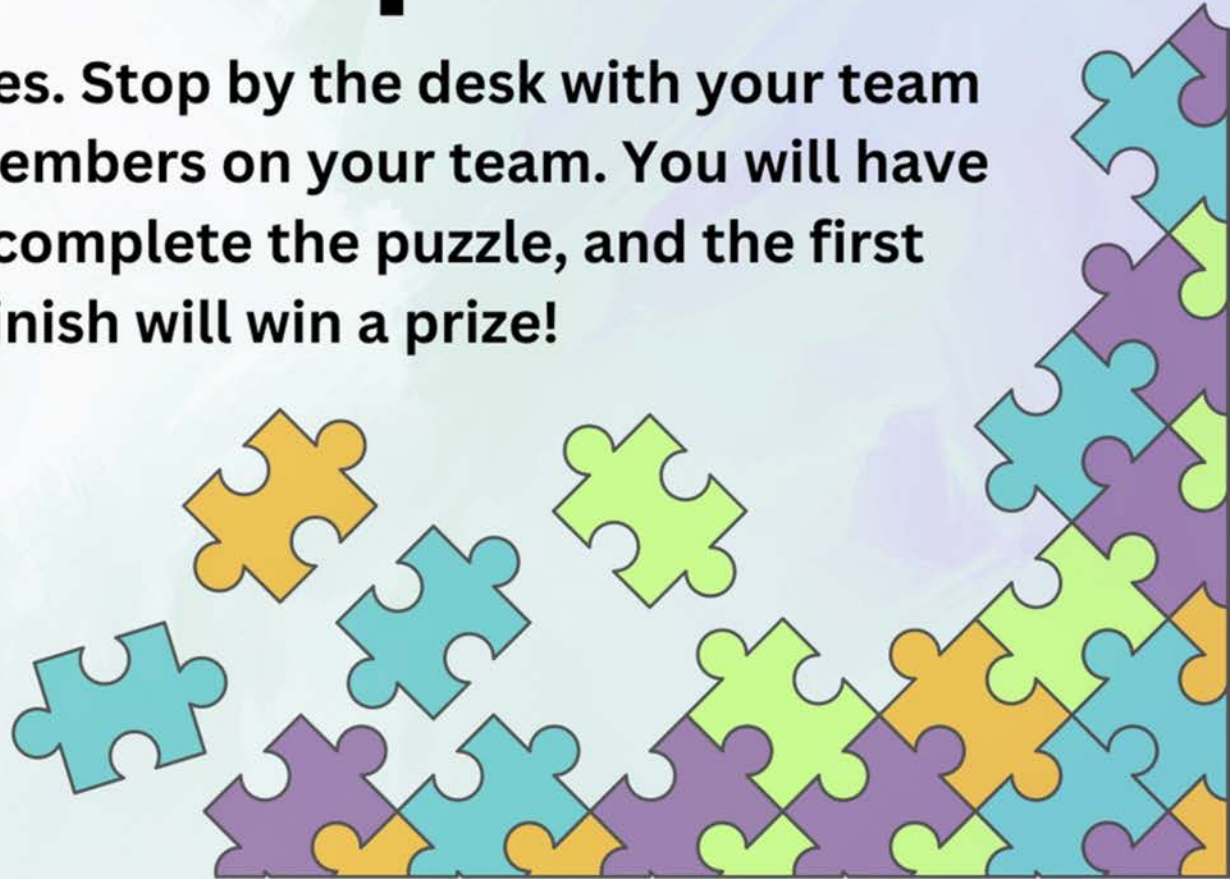


THURSDAY, May 23
11 am - 1 pm
In the Atrium

Puzzle Competition!

Puzzles will be 300 pieces. Stop by the desk with your team name and names of all members on your team. You will have from 11 am to 1 pm to complete the puzzle, and the first team to finish will win a prize!

**6 People Max
Per Team**



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TBA



THURSDAY, June 13
Coffee/Socialization 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium

Come Learn About Different Funding Options for Homecare as well as Components of Estate Planning

Dana Chan, director and owner of Qualicare Home Care Northwest, is committed to enhancing senior care. Drawing on her extensive educational background she will be speaking on the different funding options that are available for homecare.



Jaylyn Michalchuk, Certified Financial Planner with IG Wealth Management, and Weary & Company Law Office will provide insight and education from a planning perspective to show us what an estate plan is, what happens when you pass away and, items to consider.

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THURSDAY, June 27
Coffee/Socialization 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium

**Join us for a delightful strawberry tea
and delicious treats!**



**The Edmonton Pride Seniors Group will be
hosting a presentation titled "Aging with Pride"
at 12 PM.**



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LEWIS
ESTATES
An OPTIMA LIVING Community



CUPPA
CORNER

THURSDAY, Sept 12
11 am - 1 pm
In the Atrium

**Come join us for a
round or 2 of
Floor Curling Fun!!**

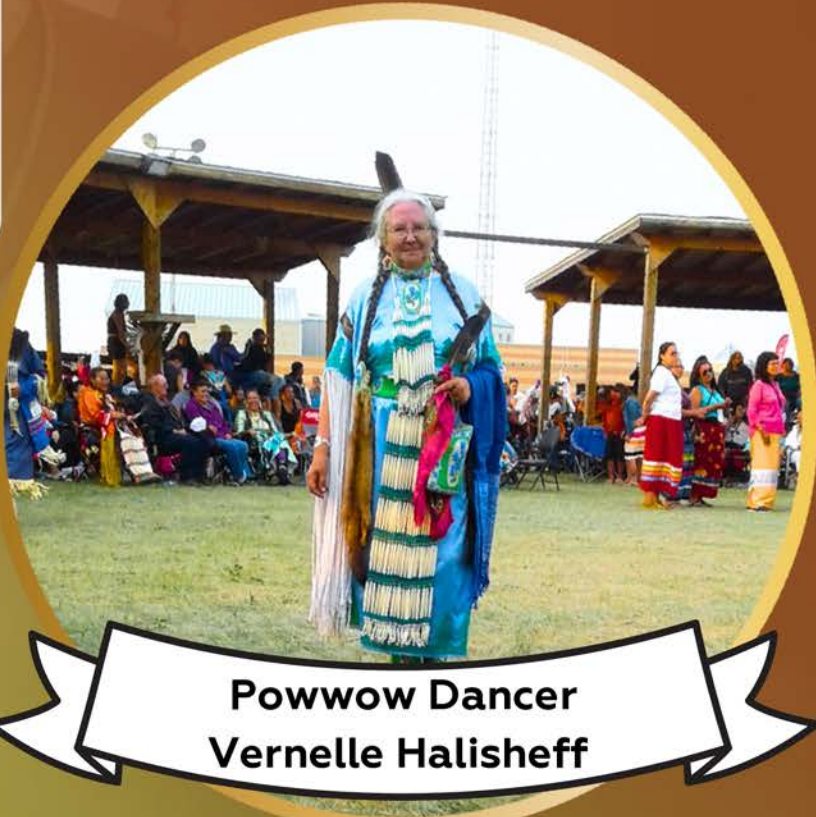
CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and improved physical or mental well-being.

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THURSDAY, Sept 26
Coffee/Socializing 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium

We are excited to welcome Metis Powwow dancer Vernelle Halisheff who will be performing a powwow dance in the traditional style! She will also offer an overview of the different styles of Powwow dancing and provide insight into the meanings behind her wonderful regalia. Don't miss this captivating and cultural experience!



**Powwow Dancer
Vernelle Halisheff**



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THURSDAY, Oct 10
Coffee/Socializing 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium

sage
Sage Seniors Association



Join Rachel from SAGE as she discusses the important topic of elder abuse. She will also share helpful resources for those in need

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THURSDAY, Oct 24
Coffee/Socializing 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium



Age-related hearing loss effects many.

**Join Remington from Professional Audiology
as he presents on the importance of hearing
health.**



Coffee and Treats
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TOUCHMARK

THURSDAY, Nov 14
Coffee/Socializing 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium



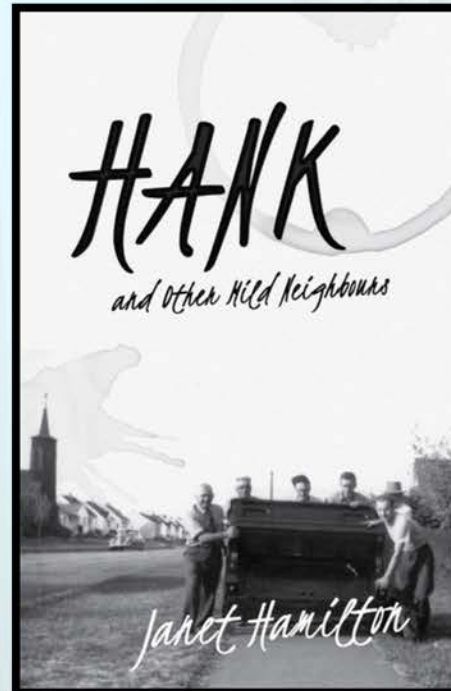
**Join us for a phenomenal
performance by CLSA's
Silver Stage Drama Group!**

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TBA



THURSDAY, Nov 28
Coffee/Socializing 11 am - 12 pm
Presentation 12 PM - 1 PM
In the Atrium



Come listen to Edmonton based author Janet Hamilton talk about the motivation behind her book "Hank and Other Mild Neighbours." She will also be reading some excerpts from her book!