



SAVVY SENIORS

Join us for Savvy Senior Seminars for the following topics and dates located the the Abilities Centre Music Room!
Coffee and refreshments provided.

TUESDAY SEPTEMBER 12TH

Estate Planning, Wills and Investment Management
Vikki Blanco, BA, EPC

TUESDAY OCTOBER 30TH

Conservation Authority Accessible
Trails in our area.

TUESDAY SEPTEMBER 26TH

Elder Abuse – The hidden crime
Speaker Names TBC

TUESDAY NOVEMBER 7TH

Little Book of Scams
Sgt. Sheri Tate, Seniors Support Coordinator

TUESDAY OCTOBER 3RD

Nutrition and Wellness for Seniors
Shelley Hoban, Holistic Nutritionist and Personal Trainer

TUESDAY NOVEMBER 21ST

Power of Attorney vs Power of Care – Know the difference!
Brandon McBride, Lawyer - Mason Bennett Johncox PC

TUESDAY OCTOBER 17TH

Fire Safety in your home
Terry Von Zuben

TUESDAY DECEMBER 5TH

Christine Elliot & Leo Plue
History, creation and future of the Abilities Centre.



**REGISTER
TODAY!**

YOU BELONG HERE

www.abilitiescentre.org

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