



7th Annual

SENIORS SHOWCASE

Show Sponsor



Wednesday, June 19, 2019 | 9:00am - 4:00pm
 Peterborough Sport & Wellness Centre
 775 Brealey Drive

Free Workshops
 Free Admission
 Free Refreshments
 Free Parking

Free Public Transit
 & Handi-Van Service
 for Seniors (65+)

110+ Exhibitors

Agency Village featuring
 20 Community Agencies



Agency Village Sponsor



Workshops

| Time | Room B - Session Information | Room C - Session Information |
|---------------|---|---|
| 10:00 - 10:45 | Understanding Investment for Seniors Stacey Brandon, RBC | Physical Activity & Me Why it's worth it and how to do it for free Shannon Burton, Community Care |
| 11:00 - 12:00 | Just Another Senior Moment?... Dr. Jenny Ingram, Kawartha Centre, Alzheimer Society | |
| 12:30 - 1:15 | Kick Your Stress to the Curb Tanya Kowalenko, CMHA | Unlock the Potential of Food Krystal LeBreton, Peterborough Family Health Team |
| 1:30 - 2:30 | Connecting Safely: How to Protect Your Privacy and Money from Internet Scammers Panel: Seniors and Law Enforcement Together Program; Peterborough Police; Peterborough County OPP; Canada Revenue Agency Moderator: Raeann Rideout, Elder Abuse Ontario | |
| 2:45 - 3:30 | Zumba Gold Jasmine Murray | Clutter? What Clutter? Manage the Mess & Sell the Rest Patti Priestman, Home Suite Home Transitions |



Workshop Sponsors



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Peterborough
 Chamber of Commerce

For more information: peterboroughchamber.ca or 705-748-9771 x0