

SCHEDULE

* **September 16**- 211 Director of Community Engagement- Daniela Fernandez

211 Information Line-Is a free information line to connect you with resources in areas such as food access: family support, affordable housing, mental health etc. United Way funded service in NB.

September 23- Age Friendly Committee- Kim Tompkins, chairperson, and Town Councilor

Overview and Update- An overview of the Age Friendly Community Committee activities to date as well as an update on its report & recommendations to council in 2022. Also share with participants a vision for going forward.

* **September 30**- Financial and Consumer Services of NB (FCNB)- Lisa Legere- Education Co-Ordinator

Stay Out of Fraud's Reach- Fraud's and scams come in many different forms, so they can sometimes be difficult to spot. Attendees will be able to protect themselves by learning about types of frauds and scams, spotting the red flags of fraud and frauds and scams.

* **October 7**- Public Legal and Education Services of NB- Josh Adams-Lawyer with Lutz Parish Gerrish Barristers and Solicitors.

What is a Power of Attorney and A Health Care Directive- Information will be provided outlining the responsibilities and obligations of a Power of Attorney. The session will give an overview of a Health Care Directive that allows you to give instructions about future healthcare decisions.

* **October 21**- Financial and Consumer Services of NB (FCNB)- Lisa Legere- Education Co-Ordinator.

Helping Vulnerable Adults Avoid Financial Exploitation- Financial abuse can happen to anyone. As we age and become more dependent on others, we may become more vulnerable to influence and pressure. This can lead to a situation of financial abuse or exploitation. Participants will be able to protect themselves by learning about common warning signs; importance of estate planning and appointing a Trusted Contact Person (TCP).

October 28- Falls Prevention - TBD

* **November 4**- Lyndsay Hall- Occupational Therapist

Let's Train our Brains: Did you know that combined lifestyles factors, including challenging your brain with new learning, reduces dementia risks by 35%. We'll talk about ways to challenge our brain and memory tips and tricks.

November 18- Extra-Mural Program- Deborah Woodworth

The New Brunswick Extra-Mural Program (EMP), often known as the "hospital without walls," provides home health service to New Brunswickers of all ages in their homes and communities. Debbie will provide an overview of all the services they can provide and how to access them.

November 25- Computer Tips and help with your cell phone questions. - Speaker TBD

* **December 2**- Lyndsay Hall- Occupational Therapist

Let's Connect: Being socially active improves health and well-being. Did you know that loneliness can be as bad for your health as smoking? We'll discuss ways to connect and talk about mental health and wellness.

December 9- Elaine Robichaud **Preparing Meals for One or Two and Food Safety Tips.** The session will provide you with recipes and meals that you can prepare for the week and how to prepare and store them safely.

December 16- **Let's get together and celebrate our newfound knowledge and friends. Refreshments and prizes. Need a last-minute Christmas Gift we will have local artisans selling some of their products.**

**The Hampton Seniors
Resource Centre
31 Demille Court,
Hampton**

**The Knowledge
Café**

11:00 AM Friday

Join us every Friday morning at the HSRC for refreshments and an informative presentation from a special guest speaker. A ballot for prizes will be given to you at each session you attend, and prizes will be given out on Dec. 16th. Meet new and old friends.

***Sessions will be repeated on these dates only at 1:00 p.m. at the WI hall in Upham.**

**EVERYONE IS WELCOME
TO ATTEND.**

**SESSIONS ARE FREE AND
REFRESHMENTS
ARE PROVIDED.**

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EVERYONE IS WELCOME/ BRING A FRIEND