

Knowledge Café Winter/Spring Schedule

January 13th – Elizabeth Vandenberghe – Community Volunteer Income Tax Program (CVITP)

The Canada Revenue Agency will be hosting a presentation to share information on: Benefits and credit payments, tax credits, CRA service and tools, ways to do your taxes, tax free help and how to be scam smart! Come learn about taxes and have your benefits and credits questions answered!

January 20th – Deedee Holland – Hampton Food Basket

Come and learn about the mission, operation as well as the governance structure of the Hampton Food Basket.

****January 27th- Lisa Kilpatrick- Paramedic**

You will learn more about the enhanced role of paramedics and get some tips in the event you need to call 911.

February 3rd – Colin Crealock Town of Hampton – Cell phones and Zoom/Team calls

Come and have all your iPhone & Android questions answered. This presentation will explore basic cell phone use as well as teach you how to use Zoom and Teams to video chat with friends and family.

February 10th – Karl McCarthy – BMO Back

What is required when the bank is notified of a customer's passing, responsibilities of the Executor/Executrix when dealing with an Estate.

February 17th – Rose McCloskey University of New Brunswick – Healthy

Aging- Many things influence how we age, and many of these things are within our control. In this session you will hear about things that will promote health, help you live as independently as possible, and maintain your quality of life.

February 24th – Mark Harris – Dementia & Alzheimer's (Hampton Only)

Understanding dementia and provide tips and resources if caring for a person living with dementia or if you have a friend or family member who lives with dementia

****March 3rd - Elaine Robichaud – Preparing Meals for One or Two**

This session will provide you with recipes and meals that you can prepare for the week and how to store them safely.

****March 10th – Josh Adams – Lawyer with Lutz Parish Gerrish Barristers and Solicitors.**

Appointing or being an Executor for a Last Will and Testament is a major responsibility. In this free, interactive session, local lawyer Josh Adams will explain who can be an Executor, the responsibilities of an Executor, and wise discussions to have throughout that process.

March 24th – Pam Wallace, St Joseph's Hospital – Physiotherapist

It takes a community to prevent a fall: We all have a role to play!

Ask a Physio how you can prevent falls at home and in your community.

March 31st – Myia Campbell, Department of Social Development – Roll of a Social Worker, Long Term Care & Adult Protection

Social Workers Myia Campbell and Sharon Brown will be providing information regarding the Long-Term Care Program (65+) and Adult Protection Program. If you're wondering how to apply for in-home care, Special Care Home, or Nursing Home, then come find out!

April 14th – Dawn O'Dell – Canadian Mental Health

What is mindfulness and how do we be mindful? How do we practice mindfulness and what do I do when I can't stop thinking? We will practice mindfulness and learn the evidence-based benefits of practicing mindfulness. We briefly look at the science of how mindfulness changes your brain and your perception. We practice progressive muscle relaxation and look at things to remember for your practice of mindfulness.

The Hampton Seniors Resource Centre

31 Demille Court, Hampton

The Knowledge Café

11:00 am Friday

Join us on scheduled Friday mornings at the HSRC for refreshments and an informative presentation from a special guest.

****Sessions will be repeated on these dates only at 1:00pm at the WI Hall in Upham**



EVERYONE IS WELCOME TO ATTEND.

**SESSIONS ARE FREE AND
REFRESHMENTS ARE PROVIDED**

WWW.HAMPTONSENIORS.CA

Please note: Scheduled presentations are subject to change and if there is a snowstorm, presentations will be rescheduled at the end of April. If schools are closed due to a storm, the knowledge café will also be closed. If you are not sure if schools are closed, please check out the ASD-S website.

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