

HAMPTON SENIORS RESOURCE CENTER

KNOWLEDGE CAFÉ



FRIDAYS at 11:00 AM

September 15 If you are a senior with mobility disability, this session is for you. Carolyn will talk about the Vehicle Retrofit Program and other services for seniors. Ability New Brunswick with Carolyn Trecartin-Director of Services

September 22 Alzheimer's Society New Brunswick will talk about resources available and share with you information about their new Memory Café pilot project. Lee McCarthy- First Link Support

September 29 Come Explore Nature and learn more about the natural world- birds, wildlife, landscape, watershed etc., with Paul Martin- Explore Nature facilitator.

October 6 Learn more about the importance of looking after your feet and the right kind of footwear to ensure good balance. Thera-Ped Foot and Ankle Clinic with Terry Trask C.Ped

October 13th: There will be no Knowledge Café

October 20 "The future is bright...and green! Renewable Energy sources are rising, with solar power leading the way." Solar Solutions with Joost de Bruin-owner and Nancy Whittiasse-Marketing Director

October 27 A presentation by Retiree Employment Agency a program with a mission to assist with filling employment gaps by supporting retirees over 50 who wish to re-enter the labour market while addressing local businesses 'short term labour needs - Dawn Cunningham- Pairing Officer /Leslie Parhamm

November 3 This session will provide information on the programs and services offered by the Association. Heart and Stroke Association with Annie Smith

November 10 The CRA will be hosting a presentation to share information on Benefits and credit payments, tax credits, CRA services and tools, ways to do your taxes, tax free help and how to be scam smart. The CRA Community Volunteer Income Tax Program with Elizabeth Vandenberghe- Canada Revenue Agency

November 17 "Things to Consider" when downsizing your home and information about Seniors Apartments in Hampton area with Chris Oliver-Realtor

November 24 The Seniors Advocate strives to ensure that the rights, interests and views of seniors & adults are protected. Seniors Advocate Education and Outreach with Emilie Brutinel

December 1 With a particular focus on on-line and phone scams you will receive information and tips on ways to spot these scams and protect yourself. RCMP Anti-Fraud Campaign with Const. Tyson Nelson- Hampton Detachment

December 8 Advance Care Planning for your future health care needs based on your personal values is important. You have the power to choose the type of care you want and who will speak on your behalf if you are unable to express your wishes. Jan Grant-Horizon Health

December 15 Christmas Special Activity

Please Note: Scheduled presentations are subject to change and if schools are closed due to storms, the knowledge café presentation will be rescheduled. For full details about the presentations please go to our website: www.hamptonseniors.ca under the Activities page.

EVERYONE IS WELCOME TO ATTEND AND REFRESHMENTS ARE PROVIDED.