

## HAMPTON SENIORS RESOURCE CENTER

### KNOWLEDGE CAFÉ



#### 2024 WINTER SCHEDULE FRIDAY at 11:00 AM

**January 19** What is the Food Purchasing Club? The Saint John Food Purchasing Club is a non-profit, **volunteer-based organization that has been in operation since May, 1997. Their goal is to help members** in our community stretch their food dollar by offering access to good quality vegetables and fruit at affordable prices. Guest Speaker- Paulette Haines- Hampton Age Friendly Committee

**February 2** Presentation on RRIF's and associated tax planning that will aid you in understanding the best time to draw various investments. Guest speakers: George, Logan and Dax Pattison- Pattison Financial Group.

**February 16** Nancy's Tours provide many exciting bus day tours and many overnight adventures to wonderful places in North America. New 2024 calendar will be available. Guest speaker- Nancy Drury- Owner/Operator.

**March 1 "Eating Well for Diabetes Prevention and Management"** Come learn more about good nutrition to support brain and body health. Guest speaker Martha MacLean, Horizon Health

**March 15** The Age Friendly Committee has several initiatives approved for action. They will provide an update and talk about the 8 pillars-Transportation, Housing, Communication and Information, Respect and Social Inclusion, Civic Participation and Employment, Community Support and Health Services and Outdoor spaces and buildings. Guest speaker-Age Friendly Committee representative.

**April 5** Screening of the documentary "Unsyncable". This film by Tell Tales Productions Inc. is about promoting active living for seniors. Followed by a discussion. Moderator-Tell Tales Productions.TBD

**April 12** At HomeCare by Design, our goal is simple: we help people live well at home. Our dedicated team provides custom designed services to match your needs. Guest speaker- Judy Lane, RN BBA- President and CEO Homecare by Design.

**April 26 Parkland** is a trusted provider of senior accommodations, services, and care in Atlantic Canada. Join Lifestyle Consultants from Parkland in the Valley and Saint John to learn about lifestyle options and how you can live your Best Life at Parkland. Guest speakers- Christine McGee and Sydney Peacock.

**May 3** NB Trauma Program provides resources on injury prevention and how to stay safe. Guest speaker-Dr. Richard Louis MD Injury prevention specialist.

Please Note: Scheduled presentations are subject to change and if schools are closed due to a storm, the knowledge café presentation will be rescheduled. For full details about the presentations please go to our website: [www.hamptonseniors.ca](http://www.hamptonseniors.ca) under the Activities page or the Hampton Seniors Resource Center Facebook page

**EVERYONE IS WELCOME TO ATTEND AND REFRESHMENTS ARE PROVIDED.**