



**FRIDAYS 11:00-12:00 p.m.**

**JANUARY 17** Josh Adams-Lawyer with Lutz Parish Gerrish Barristers and Solicitors. The importance of having a Last Will and Testament and appointing or being an Executor is a major responsibility. In this free, interactive session, Josh will explain who can be an Executor, the responsibilities of an Executor, and wise discussions to have during that process.

**JANUARY 24** Jack Fitzpatrick and -Vile for Life is an initiative spearheaded by Jack Fitzpatrick with the Nauwigewauk Fire Department and provides you with a sticker for your front door signifying that your medical information and contacts are kept in a vile in the refrigerator for emergency responders.

**JANUARY 31** Camille Coates- Saint Joseph's Hospital Physiotherapist-Physio Care at Home will provide and Interactive and Educational presentation on bone, tissue & joint health, falls prevention, national physical activity guidelines and your balance and strength scores.

**FEBRUARY 7** Suzanne Coffey- Presentation that will provide a wide variety of useful websites and materials to assist seniors age in their own home and live a healthy productive life.

**FEBRUARY 14** Jacqueline Perry and Sonya Ducey-NBCC - Many Informal Caregivers of Seniors and seniors feel anxious and unprepared to age at home. To help and support them in successfully navigating services to age in place, NBCC has developed student-

infused workshops teaching practical skills for accessing, navigating, and organizing care and services for seniors of New Brunswick.

**FEBRUARY 21** Dawn O'Dell, Community Program Coordinator with Canadian Mental Health Assoc. of NB- Depression in Older Adults and seniors. Dawn will examine feeling good as you age and the causes of depression in older adults and seniors. We look at ways to help cope, self-help as well as mental health services available in your communities.

**FEBRUARY 28** Catherin Paulin- Community Development Coordinator and Gary Crossman-volunteer with Urban Rural Rides Program- Urban/Rural Rides is a community transportation service operated by volunteer drivers who are dedicated to bridging transportation gaps in both urban and rural communities in New Brunswick. As a registered charity, our mission is to provide safe, affordable, and reliable transportation solutions to seniors and low-income families.

**MARCH 7** Nancy Drury- Nancy's Tours in Sussex, NB- She will provide information on her new 2025 Tours. Nancy has been providing exciting motorcoach tours across North America for the past 30 years. The only way to go! Nancy is a legend in this part of NB.

**MARCH 14** Jess Churchill-Leisure Services Director for the Town of Hampton will share with us information about the new Multi-Purpose Facility and talk about the kinds of programs that are being considered.

**MARCH 21** Aimee Foreman- Founder & Chair of Caregivers NB, Lisa Hrabluk & April McAlister- Caregivers NB is a new non-profit organization with a mission to validate, support and advocate for

caregivers- people who support others because of relationships, not because of a job or career.

**MARCH 28** Book Review- Writing your own story tips.

**APRIL 4** Marla Calder- Occupational Therapist working in Technology at the Stan Cassidy Centre for Rehabilitation and Emma Croken - Enhancing Daily Living: Smart Technology Solutions for Older Adults. They will provide a brief overview of potential ways to incorporate technology into daily functions such as home security, health tracking and personal safety will be discussed and hand-on stations will also be available to try out some of the equipment.

**APRIL 11** Dave Goss- Local Saint John author, folklorist & storyteller will share with us information about many of Saint John's churches, historic buildings and homes. His presentation is sure to leave you signing up for one of his Walk n" Talks next summer.

**APRIL 18 HOLIDAY NO KNOWLEDGE CAFÉ**

**APRIL 25 will be reserved should a presentation on the schedule have to be re-scheduled due to winter weather.**

**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](http://www.hamptonseniors.ca) under the Activities page OR Hampton Seniors Resource Centre Facebook page.

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