

The Ingersoll 50+ Centre presents our...

FREE VIRTUAL **Active Living Fair**

Run each morning on March 8th, 9th & 10th

Fun, fresh & creative ways for older adults to stay active and healthy!

FREE Grab Bags available for all registrants

TUESDAY, MARCH 8TH

- 9:30am – Opening Remarks with dignitaries
- 10:00am – Understanding and Managing Stress & Anxiety with the CMHA
- 11:15am – Ontario's New Personal Income Tax Credits with the Ministry of Finance

WEDNESDAY, MARCH 9TH

- 9:30am – Chair Cardio Fitness Demonstration
- 10:30am – Technology Communication Aids & Strategies

THURSDAY, MARCH 10TH

- 9:30am – Learn How Shared Living Works with Senior Women Living Together
- 10:45am – Dancing at Every Age with Canada's National Ballet School

All workshops will be run via ZOOM
(a phone-in option is available upon request)

Register for any or all workshops via email or by phone.

250 Ingersoll St. S ~ 519-485-3869 ~ info@ingersollseniors.com ~ ingersollseniors.com

Our Virtual Active Living Fair is run in partnership with the Older Adult Centres' Association of

Ontario (OACAO) with funding support from the Government of Ontario.

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Ontario 

WORKSHOP DETAILS & DESCRIPTIONS

Tuesday, March 8th

- **9:30am—Opening Remarks from Dignitaries**
- **10:00am—Understanding and Managing Stress & Anxiety with the CMHA**
 - We all experience stress and anxiety from time to time, however when it affects our daily life in the long-term it can have a major impact on our health and well-being. This workshop will help you take back the power by developing self-awareness and learning skills to manage life challenges. Resources will also be discussed for ongoing support.
- **11:15am—Ontario’s New Personal Income Tax Credits with the Ministry of Finance**
 - Are you aware of Ontario’s three new, temporary tax credits – the Seniors’ Home Safety Tax Credit, Jobs Training Tax Credit and Staycation Tax Credit? Are you up to date with other tax credits and benefit programs that can help older adults? The Ontario Ministry of Finance invites you to attend a free, 45-minute webinar to learn more on this important topic. Invite all your friends and family members too - your time will be well spent.

Wednesday, March 9th

- **9:30am—Chair Cardio Fitness Demonstration**
 - Get the full benefits of fitness class while staying in your chair. This is a low impact workout that combines cardio, strength, balance and stretching, all modified to a seated position. If you enjoy this demo class, you can register for our full class on Wednesdays at 10:15am with Jen (\$5/member, \$8/non-member).
- **10:30am—Technology Communication Aids & Strategies with Amplifon**
 - Join Allison Seguin, from Amplifon, as she talks about how to navigate Zoom, phone calls, TV, and wearing masks with hearing difficulties. Learn tips and tricks so you don’t miss out on the conversations!

Thursday, March 10th

- **9:30am—Learn How Shared Living Works with Senior Women Living Together**
 - The founder of Senior Women Living Together will present why shared living is needed, why it works so well for senior women, and how you can find compatible homemates to live together in rental accommodation.
- **10:45am—Dancing at Every Age with Canada’s National Ballet School**
 - Join us for an interactive presentation about the physical, emotional and social benefits of dance for older adults! Learn more about Sharing Dance Older Adults programs, developed by Canada’s National Ballet School (NBS) and Baycrest Health Sciences.

Register for any or all of the workshops listed above by calling the Centre at (519) 485-3869 or emailing us at info@ingersollseniors.com