



## Westend Seniors Activity Centre

### 21<sup>st</sup> Older, Bolder, Better!<sup>TM</sup> Exhibition

9629-176 Street, Edmonton  
Thursday, June 8  
9:30 am to 2:30 pm

## Living & Learning Symposium

- Guest Speakers: Seniors Advocate, Bruce Hogle, Dr. Tsuyuki, and more
- Information Trade Show
- Redefining Seniors Centres: Program Info & Demos
- Entertainment, Buffalo BBQ, & Silent Auction and much more...
- Free Admission



Call: 780.483.1209

weseniors.ca

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### Living & Learning Symposium

#### Games Room

- 9:30 am: Opening Ceremony
- 9:40 am: Who is the Senior's Advocate and how can they help you?  
Dr. Sheree Kwong See, Alberta Seniors Advocate
- 10:20 am: *Your Pharmacist as a partner in your health*  
Dr. Ross T. Tsuyuki, Professor of Medicine  
University of Alberta
- 11:00 am: Guest Speaker - Bruce Hogle – Broadcasting Pioneer  
"Connecting with Others Never Grows Old!"
- 11:30 am: Concurrent sessions begin
- 11:40 am: Are you being scammed?...Fraud Awareness – EPS
- 12:10 pm: What you need to know about Hoarding - SAGE
- 12:40 pm: Speed Talk Sessions-Connecting With Technology
  - Digital Banking and Seniors – Banking is Changing – Learn How
  - Online Grocery Shopping – Easier Than You Think
  - Online Dating – Tips & Testimonials
- 1:15 pm: Assisted Transportation - Key To Connecting Seniors  
– Drive Happiness
- 1:45 pm: International Music Showcase
- 2:00 pm: Raffle Baskets (draws open until 1:30), 50/50

WSAC Door Prizes drawn at 2 pm (must be there to receive prize)

#### Concurrent Sessions

##### Harry Farmer Room

- 11:30 am: Redefining Seniors Centres! This is NOT your grandma's Centre!  
Janice Monfries, Executive Director of WSAC
- 11:50 am: Senior Centre program info and demos – *Mind, Body, & Soul!*
- 1:00 pm: Door Prizes draw (must be there to receive prize)