



Learning for Life Program

Informed * Connected * Engaged

Calendar of Events

SCHEDULED SESSIONS – WATCH FOR DETAILS

- **Decluttering pt 2;** November 12, 2024, *Presenter:* Sue Meikle

BEING CONFIRMED

- **Medical Assistance in Dying,** Presenter: Dr Kmet
- **Wills and Estate Planning,** Presenter: Lawyer TBC
- **Scams and Fraud,** Presenter: RCMP

BEING RESEARCHED

- **Strength Training for Seniors**
- **Financial Planning Tips**
- **Know your Drugs/Substance abuse among seniors**
- **How to ride the Bus**
- **Introduction to AI**
- **Genealogy /Writing an autobiography**
- **Sleep Better**
- **Shopping and Cooking for 1**
- **Being a Green Senior**

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