



June is Seniors Month

Get all the details here

www.peterborough.ca/SeniorsMonth

or call (705) 742-7777 ext. 3817



Presented by the Peterborough Seniors Planning Table

Growing Older and Living Large

THURSDAY JUNE 20TH

3 P.M. – 9 P.M.

599 BREALEY DRIVE

Fleming College invites seniors, family members and caregivers to explore new ways to promote healthy living and strategies to cope with aging-related challenges.

Professors, Counsellors and Gerontology Specialists will present a variety of informative workshops, discussion forums and interactive and fun activities.

FREE ADMISSION AND PARKING



Fleming College

SENIOR'S DAY AGENDA • JUNE 20TH

Time	Activity	Description	Location
	Welcome!	Walk around the main foyer to view displays and have questions answered	Foyer
3:00pm-5:00pm	Expressive Arts	OPEN Arts Studio – Caregivers share the joys and challenges through guided expressive arts and discussion with Ann Macleod	551
3:00pm-5:00pm	Expressive Arts	OPEN Arts Studio – 'Have Your Say': represent your thoughts around growing older through expressive arts with Fay Wilkinson	Foyer
3:00pm-5:00pm	Health and Beauty	Relax while having your hands massaged and learn how to apply make-up to mature skin with professional makeup artists	522
3:00pm-9:00pm	GPA Workshop	Gentle Persuasive Approaches in Dementia Care. Caregivers are given the tools on how to address and respond to challenging behaviours associated with Dementia in multidisciplinary settings *Pre-registration *\$15 fee for booklet	515
3:15pm-4:00pm	Discussion Forum	How to stay out of the Hospital: Kim English	550
3:30pm-4:00pm	Fitness and Health	Physical and Psychological Benefits of Physical Activity and Exercise for Healthy Older Adults	567
4:00pm-4:45pm	Expressive Arts	Visible Voices – Through the Looking Glass is a video snapshot of a 7 month program working with seniors in two long-term care homes using expressive arts to explore depression. Art making will be extended to audience members with Fay Wilkinson	521

Time	Activity	Description	Location
4:00pm-4:30pm	Fitness and Health	Active Living and Physical Activity – Options and Benefits for Healthy Older Adults	567
4:15pm-4:45pm	Mobility Q&A	General Tips from a Physical Therapy perspective	561
5:15pm	Fitness and Health	Active options for Older Adults with Special Issues and Concerns	567
5:00-6:00pm	Early meal pickup	Enjoy your delicious meal! *pre-order \$10/meal	At your discretion
5:15-6:00pm	Discussion Forum	The 3 tasks of Aging: Marcia Perryman	550
5:15pm-5:45pm	Mobility Q&A	General Tips from a Physical Therapy perspective	561
5:30pm-6:00pm	Fitness and Health	Healthy Lifestyles in Old Age: Integrating Physical Activity with Nutrition to Maintain a Healthy Body Composition and Prevent Disability	567
6:00pm-7:00pm	Later meal pickup	Enjoy your delicious meal! *pre-order \$10/meal	At your discretion
7:00pm-9:00pm	Day's End Social	Come and meet some new friends! Listen and dance to the wonderful sounds of Knight Shift	Steele Centre

Visit www.flemingcollege.ca for event details and to register, or contact **Becky MacFadyen** at:

e: bmacfady@flemingc.on.ca

p: 705-749-5530, ext. 1349

DAY'S END SOCIAL • 7 P.M. – 9 P.M. STEELE CENTRE

Come meet new friends, listen and dance to the wonderful sounds of Knight Shift.



Seniors Summit

June 27, 2013
Great Hall-Trent University
1600 West Bank Drive, Peterborough, ON

Admission: \$50 or \$25 for Seniors or Charities

Visit www.seniorssummit.eventbrite.com for payment & registration

Visit www.peterborough.ca/SeniorsMonth or more details or contact: seniors@peterborough.ca



Mark Skinner - 1:15 pm
Aging at Home in Canada's Oldest Municipality – how we can and must foster volunteer-based community support for Seniors Professor Mark Skinner, PhD, Trent University is an internationally recognized health geographer who specializes in aging communities.



Rachel Herron - 1:40 pm
Creating Caring Places for Alzheimer's Disease and Related Dementia – the human face of aging at home in rural Ontario Rachel Herron, PhD candidate, Queen's University is a health geographer with an interest in rural health services, aging and mental health, care and caregiving.



Keynote Speaker: Minister Deb Matthews - 4:30 pm
Presentation followed by a question and answer period Elected to the Ontario Legislature in 2003, and re-elected in 2007 and 2011. Following her re-election, she was appointed Minister of Children and Youth Services and Minister Responsible for Women's Issues. In February 2013, she was reappointed to her current position as Minister of Health and Long-Term Care and named Deputy Premier of Ontario.

Cocktail hour followed by dinner in the Great Hall



Nancy Martin Ronson - 2:50 pm
Acutely Ill: Senior's Healthcare. Nancy Martin-Ronson, Ph.D (MScN) is the Chief Nursing Officer and Chief Information Officer with the Peterborough Regional Health Centre.



Randy Filinski - 3:15 pm
Stories Trump Data... Relationships Trump Stories! A Consumers Views of Healthcare Randy Filinski, Member SGS Governance Authority speaking on the human reality of why hospitals/health care needs to change and meet the needs of seniors and caregivers.



Keynote Speaker: Dr. Samir Sinha - 7:30 pm
Dr. Samir Sinha, MD, DPhil, FRCP Provincial Lead, Ontario's Seniors Strategy presents Senior's Strategy and the document "Living Longer, Living Well".



SHOWPLACE performance centre
Players and *Arbor Theatre*
Present **On Golden Pond**
by Ernest Thompson
Directed by Ray Henderson
Featuring Jerry Allen, Lorna Green, Megan Murphy, Andrew Root, Daniel Smith and Noah Henderson
June 27th to 29th, 2013
8pm (2pm Matinee on the 29th)
SHOWPLACE PERFORMANCE CENTRE

Call 705-742-7469 for information
www.showplace.org
@PTBShowplace
www.facebook.com/PTBShowplace

SENIOR SUMMIT WALK

WEDNESDAY, JUNE 27
Rotary Trail, Peterborough
Meet at the gas station. The walk will go to Parkhill, to Waterloo, to London, across foot bridge and back.

THURSDAY, JUNE 28
Millennium Park
Meet at the Mills parking lot. The walk will go to Government and back.

FRIDAY, JUNE 29
Rotary Trail, Peterborough
Meet at the gas station. The walk will go to Trent University and back.

CELEBRATE SENIORS MONTH
JUNE 2013

PC Cooking Classes

- Improve your cooking skills
- Learn how to cook for one (or two!)
- Master the art of dietary needs

Tuesday June 18th

Loblaws Real Canadian Superstore

Join us for a 1 hour cooking class designed just for seniors followed by a store tour and workshop on label reading.

Cost is **\$5 +tax**

To register visit the customer service desk in store, call **705-749-6962 ext. 4** or visit www.pccookingschool.ca

President's Choice **cooking school**



Ontario Trillium Foundation
Fondation Trillium de l'Ontario

An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.



Greater Peterborough Chamber of Commerce



PRINCESS GARDENS
Caring together



Carlson Wagonlit Travel



Paget DENTURE CLINIC



THE KAWARTHA REGIONAL MEMORY CLINIC
705 749 3906

rewire YOUR THINKING ABOUT AGING

Aging With Purpose and Joy

Presentation & Exhibit By Irene Borins Ash M.S.W., R.S.W.

PRINCESS GARDENS Retirement Residence

Photo Exhibit Open to the Public
June 5th, 7th, 12th & 14th 11:00am - 1:00pm
June 19th 9:00am - 7:00pm

Princess Gardens Retirement Residence
100 Charlotte Street
Peterborough, ON

Wednesday, June 19th 2013
10:15 - 12:00pm & 5:30 - 7:00pm
Call to book your seats! **705-750-1234**

