

# Senior's Community Program 2022

## **Dementia Friendly Communities & an Introduction to Alzheimer's**

Alzheimer Society

**January 7<sup>th</sup>, 2022 – 10am to 1pm**

This program explores: the various types of dementia and Alzheimer's, warning signs, and resources. It also goes into how those living with dementia can live healthy and active lives as part of our community and contribute in a meaningful way and discuss supporting those with dementia/how to combat the stigma surrounding dementia.

## **Finding Your Way & Brain Health**

Alzheimer Society

**January 14<sup>th</sup>, 2022 – 10am to 1pm**

For people with dementia every step counts. In this presentation you will learn:

- How to help someone who is lost or confused
- What to look for
- What to say and do

The brain health portion of this program looks at how to meaningfully engage your brain and maintain brain health.

## **How to Prepare for an Emergency**

Ontario Provincial Police (OPP) & Wollaston Township's Fire Department

**January 19<sup>th</sup>, 2022 – 11am to 1pm**

This program looks at how to prepare for emergency situations and how to keep yourself safe. This presentation will be run by Wollaston's own Fire Department in conjunction with the OPP.

## **Covering your Assets: Estate Planning**

Heather Johns, CFP

**January 26<sup>th</sup>, 2022 – 12pm to 4pm**

Heather Johns, a certified financial planner located in Bancroft, will be discussing the most important financial aspects to consider when thinking about your estate and offer sound financial advice you may not have considered!

## **Registration**

To register for any of these events, please visit <https://forms.gle/6GYvHijHUUW8eed5U7>, or email [office@wollaston.ca](mailto:office@wollaston.ca)