

# Seniors Kickoff



**FREE  
ADMISSION**

**Wednesday, May 30, 2018**

**Michelangelo Events and Conference Centre  
1555 Upper Ottawa Street | 10am - 2pm**

**JUNE IS SENIORS MONTH**

**refreshments, workshops, exhibits & entertainment for all!**

**OACAO**

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



**Hamilton**

This event is hosted by The Older Adult Network of Hamilton in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry of Seniors Affairs.



# DAY EVENTS

## Seniors Kickoff

**FREE  
ADMISSION**

10:00 – 10:10  
Welcome & Greetings

10:15 – 10:25  
**Entertainment** – Tahira Badre's  
Goddess Emerging Belly Dancers

1:35 – 2:00  
**Entertainment** – Steve Oros  
**Draws**

**Lobby Pianist:**  
Lynda Portillo & Steve Oros

**Now's  
the time  
to start  
something  
new**

**June is Seniors' Month in Ontario**

Find programs and services in your community  
[ontario.ca/AgingWell](http://ontario.ca/AgingWell)

**10:30 – 11:00am SEMINAR**  
**Oral Health**  
by Michael Battell of Battell Denture Clinic  
Research studies strongly suggest a link between periodontal disease and a person's overall health. This presentation will explore the basics of: how to effectively care for your mouth and dentures, common side effects from medications, links between periodontal disease and health concerns, common denture related problems and how to recognize and address them.

**11:05 – 11:25 DEMO & TRY IT**  
East Indian Folk Dance by Seniors' Sevamandal

**11:30 – 12:00pm SEMINAR**  
**The Bruce Trail Conservancy: Preserving a Ribbon of Wilderness, For Everyone, Forever.**  
by Beth Gilhespy, CEO of Bruce Trail Conservancy  
An overview of the history of the Bruce Trail and the work of the Bruce Trail Conservancy, and show how almost 60 years after it was first conceived the Bruce Trail continues to bring people and nature together. Discover the positive benefits of the Bruce Trail and the work of the Conservancy, not just to those who hike the Bruce Trail but to everyone living along its length.

**12:05 – 12:35 SEMINAR**  
**Seeds for Change – Grow the Conversation**  
by Rochella Vassell of Elder Abuse Ontario  
An interactive presentation about the planting ceremony for World Elder Abuse Awareness Day (WEAAD) on June 15th. Learn more on what the INR (It's Not Right) Project does. Be involved for "Change".

**12:40 – 1:00 SEMINAR**  
**Hamilton is becoming an Age Friendly City**  
by Lisa Maychak of City of Hamilton  
The City of Hamilton, Hamilton Council on Aging and Seniors Advisory Committee along with community partners are working together to make Hamilton "the best place to raise a child and AGE SUCCESSFULLY!" Learn more about progress-to-date, where we are going, and the goals of Hamilton's Age Friendly Plan.

**1:05 – 1:35 DEMO & TRY IT**  
Zumba with Pam Worman & Karen Charters

**Do you need help to Age in Place?**

Need a Certified Aging in Place Specialist to work with you?

CALL FOR A HOME MODIFICATION ASSESSMENT  
**905.833.6200** EXT 127

CANADIAN HOME BUILDERS ASSOCIATION  
NATIONAL HOME MODIFICATION COUNCIL




**905-528-1128**  
**1895 Main St W**  
**Hamilton**