

Okotoks



Age Friendly Speaker Series

Seniors Club

#4 - 204 Community Way

DATE	TIME	TOPIC
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Sept 18	9 AM - 2 PM	Join Sheep River Health Trust for a Memory Workshop. Register at sheepriverhealthtrust.ca
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Oct 16	1-3 PM	Laura Thurber-Larsen (RSW) shares information about AHS Navigation & Greensleeves. No registration required.
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Oct 23	1-3 PM	Learn more about Elder Abuse with Donelda Laing and Sherri Mullen. No registration required.
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Oct 30	1-2 PM	Nutrition with Greta Kubis. Opportunity for participants to socialize after the presentation. No registration required.
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Nov 13	2-4 PM	CRA and Service Canada will share why it's beneficial to sign up for their online accounts. No registration required.
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Nov 20	2-4 PM	Join Literacy for Life for a presentation on Cybersafety. No registration required.
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