



Saturday October 1, 2016 École secondaire de Par-en-Bas

Please register by
September 23, 2016
VON Office
(902) 742-4512 ext. 0

The following organizations have
worked together to host this event:

Nova Scotia Health Authority South
West area, Town RCMP,
VON Tri-County, Western Regional
Housing Authority, Argyle
Recreation Department, Senior
Safety Program & Senior
Consultants

Thank you to our Sponsors:

VON Tri-County
Lawtons Drugs Store
Senior Safety Program
Coastal Financial Credit Union
Var. Co. Community Health Board
Yarmouth and Town Crime Prevention

Pre-registration is requested
Although the event and lunch are
provided free to you, we require
that you register in advance.
This helps with our planning.

Directions

The school in Tusket is less than 1
minute from the Tusket exit.
If arriving from Yarmouth, turn left
at the Tusket exit.
If arriving from Pubnico, turn right
at the Tusket exit.

Register today!

----- phone, email or drop off at VON ----- phone, email or drop off at VON-----

Name: _____

Home address _____

Phone # _____

Emergency Contact Name & Number _____

Have you attended our Seniors Expo in the past? () Yes. () No

Meal: it is requested that you pre-register in order for us to plan the meal.

We will serve assorted sandwiches and soup.

To register: 742-4512 ext. 0 / derrick.babin@von.ca / VON 55 Starrs Rd. Yarmouth, NS B5A 2T2

Yarmouth Seniors 50+ Expo

Exhibitors

Many representatives from local and provincial businesses, departments and organizations have confirmed they will attend this year's expo.

It's a great opportunity to learn more about social clubs, services and programs for seniors and their families.

We have specific times in our schedule that gives you the opportunity to visit with them.



Your guides

We will be pleased to provide you with guides throughout the day to help with direction and any questions you may have. Look for the special t-shirts.

Workshops

- **Protection from Scams:** Andrew Pace and Cst. Dana LeBlanc will give practical tips on how to be protected from current scams.
- **Dating over 50:** Doris Landry will present on some of the issues to consider when dating over the age of 50.
- **Caregiver Stress:** Jennifer Briand from Caregivers Nova Scotia will present on caregiver stress and the benefits of self care.
- **History of Recorded Music:** Loran Fevens will spin some records and share his knowledge on the history of music.
- **Home Safety:** Derwin Swinemar will present on fire and home safety.
- **Alzheimer Education:** Kirstie Creighton from the Alzheimer Society of Nova Scotia will present on the topic of Alzheimer's Disease.
- **Alzheimer Education (EN FRANCAIS):** Bertha Brannen, former director of Nakile Home for Special Care will present in French on the topic of Alzheimer Disease.

Schedule

- 8:45-9:30** ~ Registration/Exhibit Tour
- 9:30-10:30** ~ Opening Ceremony/Keynote Speaker
- 10:30-11:00** ~ Break, Exhibit Tour
- 11:00-11:45** ~ Workshop
- 11:45-12:45** ~ Lunch/Exhibit Tour
- 12:45-1:30** ~ Workshop
- 1:45-2:30** ~ Workshop
- 2:30-3:00** ~ Door prizes/Closing

Keynote speaker

Lynette Amirault

Lynette is a dietician at the Yarmouth Hospital and has received great reviews from past participants of our Seniors 50+ Expo who have attended her workshops over the years. Lynette will offer an interactive keynote address on nutrition, cooking and staying healthy as we age.