

VIRTUAL SENIORS FORUM SCHEDULE-AT-A-GLANCE

DAY 1 - MONDAY, SEPTEMBER 27, 2021

9:00 - 9:45 am	An Introduction to Home-Sharing
10:00 -10:45 am	Assisted Transportation as a Critical Component of Seniors' Wellness
11:00 -11:45 am	Stay at Home! Strategies for High Quality Aging-in-Community
11:45 am -1:00 pm	LUNCH BREAK
1:00 -1:45 pm	Downsizing Your Photo Collection
2:00 - 2:45 pm	Healthy Relationships
3:00 - 3:45 pm	Planning Ahead to Live Well
4:00 - 4:45 pm	Resources for Age-Related Sight Loss

DAY 2 - TUESDAY, SEPTEMBER 28, 2021

9:00 - 9:45 am	5 Quick Quips on Quality Health Information
10:00 -10:45 am	Financial Planning in Retirement
11:00 -11:45 am	How Can I Help Create Diverse and Inclusive Senior Communities
11:45 am -1:00 pm	LUNCH BREAK
1:00 -1:45 pm	Online Learning and Leisure Resources
2:00 - 2:45 pm	Planning Ahead to Live Well
3:00 - 3:45 pm	Downsizing Your Photo Collection
4:00 - 4:45 pm	Assessing Your Personal Risk in the Time of COVID

DAY 3 - WEDNESDAY, SEPTEMBER 29, 2021

9:00 - 9:45 am	Mental Health After the Pandemic
10:00 -10:45 am	Independent Housing
11:00 -11:45 am	CPP/OAS Pensions and Benefits
11:45 am -1:00 pm	LUNCH BREAK
1:00 -1:45 pm	Edmonton Transit Information Session
2:00 - 2:45 pm	Overcoming Frailty for Older Adults
3:00 - 3:45 pm	Intergenerational Wealth Transfers
4:00 - 4:45 pm	An Introduction to Home-Sharing

In observance of the National Day for Truth and Reconciliation, there will be no programming on Thursday, September 30, 2021.

DAY 4 - FRIDAY, OCTOBER 1, 2021

10:00 -10:45 am	Travel the World Online
11:00 am - 12:00 pm	Shared Mic Podcast Presentation
12:00 pm -1:00 pm	LUNCH BREAK
1:00 -1:45 pm	Zumba Gold
2:00 - 2:45 pm	Way Back, A Radio Play
3:00 - 3:45 pm	A Time for Celebration

HOW TO PARTICIPATE

All sessions are accessible online and by phone. To register for and access the Forum sessions online, please visit www.seniorsforum.ca. To access the sessions via a landline or mobile phone, follow these steps:

1. Find the session you want to join
2. Call the toll-free number: 1-855-703-8985
3. Enter the meeting ID and press the # key
4. Press the # key again when asked for participant ID
5. Enter meeting password

Technical support is available - to request assistance with accessing the Forum via Zoom, please call Sage at **780-809-8604** and leave a message.

RESOURCES

- **Alberta Seniors and Community Housing Association:** 780-439-6473
 - **This Full House** (Hoarding Behaviours): 780-423-5510, ext. 323
 - **Seniors Safe House** (Abuse): 780-702-1520
 - **Seniors Abuse Helpline** (24-hours): 310-1818
 - **Health Link:** Dial 8-1-1
 - **Sage Seniors Association** (Main line): 780-423-5510
 - **Sage Life Enrichment Programming:** 780-701-9016
- ⇒ or visit www.mysage.ca/events
- **Alberta Mental Health Helpline:** 1-877-303-2624
 - **Seniors Information Phone Line:** Dial 2-1-1 and press 2

