



# SENIORS' HOUSING FORUM



Presented by  
**agefriendly**  
EDMONTON

**Saturday,  
September 28, 2019**

**9:00 am - 2:30 pm**

**Central Lions Seniors  
Recreation Centre**

**11113 113 Street  
Edmonton, AB**

## FREE REGISTRATION

- phone 780.809.8604
- email [mstover@mysage.ca](mailto:mstover@mysage.ca)
- limited seating available

**FREE LUNCH**  
and refreshments

**FREE PARKING**  
available on site

## Event Schedule

9:00 am	Doors open Visit gym exhibitors until 1:30 pm
10:00 am - 11:15 am <i>Session options to attend</i>	<p><b>A: Home &amp; Independent Living: Health and Home</b> Seniors' options for home living; home living supports.</p> <p><b>B: Dementia</b> Dementia strategies and how they are informing care.</p> <p><b>C: Financial Literacy</b> How to protect yourself and your personal information; frauds and scams; kinds of credit available.</p>
11:30 am - 12:30 pm <i>Session options to attend</i>	<p><b>D: Supportive &amp; Facility Living: Health and Home</b> Overview of supportive living, facility living, and designated supportive living.</p> <p><b>E: Virtual Villages</b> Exploring how technology and social media developed community; intergenerational connections.</p> <p><b>F: Supports to Maintain your Home and Home Adaptation Programs</b> Available supports to age in place; modify your home for independent living.</p>
12:30pm - 1:30 pm	Visit exhibitor booths in gym Lunch break - free lunch, coffee and tea
1:30 pm - 2:30 pm <i>Session options to attend</i>	<p><b>G: Community Resources</b> Overview of resources and support that help seniors age in place.</p> <p><b>H: Secondary Suites and Cooperatives</b> Learn about alternative housing models.</p> <p><b>I: Downsizing and Decluttering</b> Moving into smaller spaces; issues and ideas.</p>
2:30 pm	Wrap-up and door prizes

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