

Tuesday, November 2, 2010

The Road to Wellness

Staying active is the key to being healthy, sage and strong. There are a variety of programs being offered in the community that will improve and maintain your strength.

Presenters:

- Naomi O'Brien, Supervisor Senior Community Programs (Wellness)
- Deborah Peace / Michelle Shilton Independence at Home Clinic, PTs
- Richard Morwald, Manager Recreation & Cultural Services City of Welland, Rose City Seniors Activity Centre

Location: Chartwell Select
163 First Avenue

Time: 1:30 - 3:00 pm

Fee: FREE

Senior Citizens Advisory Committee



Pictured:
Front Row L-R Judy Culp (recording Secretary),
Doug Rapelje (Chair), and Arnold Steed

Back Row L-R Councillor Pat Chiocchio,
Shelley Fripp, Phyllis Pelette, Bonnie Magwood,
Andy Roy, Pam Swick Janjac, Deb Rollo (pending),
and Richard Morwald (Staff liaison)
Absent: Bernice Alexander

The purpose of the Committee is to serve in an advisory capacity to City Council and staff on matters that impact the quality of life of senior citizens in the City of Welland.



City of Welland
Parks, Facilities, Recreation
& Cultural Services
60 East Main Street
Welland, ON L3B 3X4
905-735-1700

Information Forums for Seniors



Age Friendly Communities are Family Friendly Communities

Sponsored by:
City of Welland
Senior Citizens Advisory Committee

Thursday, May 20, 2010

What every Senior needs to know about Wills and Estates

Your estate can be left to your family, your favourite charities or the government.

We think that most people would like to support their families and charity.

So join us for a lively presentation by a panel who will be able to help you direct your estate to people you care for and causes that matter.

Presenters:

- Mike Root, C.A., Partner
Durward Jones Barkwell Company LLP
- Paul D. Leon, Partner
laRose Leon Taylor & Fazari LLP
- Liz Palmieri
Executive Director
Niagara Community Foundation

Location: Rose City Seniors
Activity Centre
145 Lincoln Street East

Time: 1:30 - 3:00 pm

Fee: FREE

Tuesday, June 22, 2010

The Road to an Age Friendly Community

[R. Morwald to supply particulars]

Presenters:

- D.H. Rapelje, Chair
Welland Senior Citizens Advisory Committee
- Fran Chandler, Executive Director
Research and Planning Council
- Dominic Ventresca, Director
Region Senior Services
- Debbie Rollo, Coordinator
Age Friendly Community Project

Location: Rose City Seniors
Activity Centre
45 Lincoln Street East

Time: 1:30 - 3:00 pm

Fee: FREE

Saturday, September 18, 2010

Senior Safety Day at the Safety Village

Includes tour of Safety Village
Lunch will be provided

Presenters:

- Emergency Measures Ontario
- Emergency Measurers Services (Paramedics)
- Fire Services
- Niagara Regional Police Services

Location: Niagara Region
Children's Safety Village
300 Woodlawn Road

Time: 11:30 am - 2:30 pm

Fee: FREE
(pre-registration required for lunch)

Register in the office:
145 Lincoln Street East
(Rose City Seniors Activity Centre)
905-735-1700 ext. 4001