

Senior Respite Montérégie
presents

Let's Prepare

Lunch and Learn Workshop Series for Seniors

Join us for this workshop series to help prepare seniors for the unpredictable.
Workshops will be facilitated by Nancy Gagnon of Alpha Contact.

Our time together will include a free light lunch.

Registration is not necessary but please confirm so to ensure we have enough food.

For more information please contact

Jessica at 438-935-0372 or dir.phoenixprojects@gmail.com

The Myth of Aging



Tuesday, May 23
11:30 Lunch
12:30 Workshop
Royal Canadian
Legion Branch 94
205 Empire

Celebrating Seniors
Exploring how we stay young

Fall Prevention



Friday, June 9
10am-12pm
Senior Respite
Centre
83 Churchill

Techniques to prevent falls
and strengthen balance

Computer Safety



Friday, June 16
10am-12pm
Senior Respite
Centre
83 Churchill

Staying safe on the internet

Senior Self-Defence



Friday, June 23
10am-12pm
Senior Respite
Centre
83 Churchill

Introduction to Self defence