

LIVING WELL SENIORS SHOWCASE

Showcase Workshop Schedule



Health	Speaker	Time/Location
<ol style="list-style-type: none"> 1. Sullivan Law – Items to cover with your Power of Attorney for Personal Care 2. Home Instead – Maintaining health and aging in place 3. Community Care – From wellness calls to falls prevention – ways Community Care can help 4. ON Health atHome – Services available and how to access them 	<ol style="list-style-type: none"> 1. Melissa Kenny 2. Glen Robson 4. Lorri Rork 5. Nousha Naweed 	<p>Rooms A&B 9:30am - 10:40am Panel Discussion</p>
Housing		
<ol style="list-style-type: none"> 1. Applewood – Landscape of retirement living options 2. SilverTree Realty Group - Downsizing considerations 3. Living Well – Home Alterations 4. CENTURY 21 United Realty Inc. Brokerage 	<ol style="list-style-type: none"> 1. Emily Keevil 2. Jodi Turnbull 3. Allison Seiderer 4. Jessica Hill 	<p>Rooms A&B 10:45am - 11:45am Panel Discussion</p>
Documentary		
<ol style="list-style-type: none"> 1. No More Silent Battles + Q&A 	Dr. Jenny Ingram	12:00pm - 1:10pm
Legal Items		
<ol style="list-style-type: none"> 1. Legal Items – Wills, Powers of Attorney, Substitute Decision Making 	Martha Sullivan	<p>Rooms A&B 1:15pm - 2:25pm Sullivan Law</p>
Emergency Preparedness		
<ol style="list-style-type: none"> 1. Ptbo Fire Services 2. OPP & Peterborough Police – Elder Abuse/Frauds and Scams 3. Health Unit – Heat & Cold Emergencies 4. Emergency Management – Ptbo County 	<ol style="list-style-type: none"> 1. Amanda Dears 2. Daniel Gay 3. Michael Tisdale, Ryan Black, Brent Mason 4. Deanna Leahy 5. Ameila Albert 	<p>Rooms A&B 2:30pm - 3:40pm Panel Discussion</p>
Staying Active and Connected		
<ol style="list-style-type: none"> 1. Why staying active and connected matters more than ever 2. Intro to Chair Yoga 3. Intro to Falls Prevention 4. Techie Nesters 	<ol style="list-style-type: none"> 1. Ann MacLeod and Cathy Berges 2. Stephanie Bolton 3. Shannon Burton 4. Jenn Gerynowicz 	<p>Room C 1. 9:30-9:45am 2. 10-10:15am 3. 1:30-3:15pm 4. 2:30-3:15pm</p>
Transportation Beyond the Car		
<ol style="list-style-type: none"> 1. Travel Beyond the Car: Bus Tour & Workshop 	1. Ashley Burnie	<p>City Bus 9:00am, 11:00am, 1:15pm</p>



Find me at the

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**WEDNESDAY, JUNE 17, 2026
9AM-4PM**



**PETERBOROUGH SPORT AND
WELLNESS CENTRE
775 BREALEY DR, PETERBOROUGH**



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