

1st Annual Seniors Fair

"Celebrating Seniors"

Presented & Hosted by  Home Healthcare Network



Sunday October 6, 2024
1pm to 4pm
Seaside Centre, Sechelt
5790 Teredo Street



Free Event! • No Registration Necessary

	Speaker	Presentation	Time
Downstairs	Caroline Gagné Home Healthcare Network		1:05 – 1:15
Upstairs		Kalijo Pilates	1:20 – 1:40
Downstairs	Kelly Foley – Cover the Coast Maryanne Barbander Seniors Community Connector		2:05 – 2:25
Upstairs		Seniors Centre Musical Group SSAC Ukulele Jam	2:05 – 2:25
Downstairs	Jackie Scott Coast Hospice/Green Sleeve		2:30 – 2:45
Upstairs		Chair Yoga – Judith Grieve	2:50 – 3:05
Downstairs	Erin Lane S.C. Patient Services Coordinator		3:10 – 3:25
Upstairs		Backstream Physio Demo	3:30 – 3:40
Downstairs	Mayor John Henderson		3:45 – 4:00



We are grateful to the sponsors who helped make this event!



SUNSHINE COAST
Resource
Centre

Backstream Physiotherapy



SUNSHINE COAST
greensleeve
ADVANCE CARE PLAN



Sunshine Coast Lifeline
"Help at the Push of a Button"



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Thank you Sue Jackel for naming our first Seniors Fair: "Celebrating Seniors".