



Special Guest Workshops

Date	Presentation	Details
Monday, May 31st 9:45 - 10:30 am	Tips to Keep Your Brain Healthy	The Alzheimer Society is interested in helping you keep your brain healthy and do what you can to prevent memory loss. Have a sheet of paper and a pen or pencil handy and we'll have a little fun while working on brain health.
Monday, June 14th 9:45 - 10:30 am	Fire Safety for Older Adults	In our presentation learn some of the highest risks of fire and what you can do to help keep yourself safe. Topics of discussion will include what to do in the event of a fire, properly installing smoke/carbon monoxide alarms, fire safety in apartment buildings, houses, and kitchens.
Monday, June 28th 9:45 - 10:30 am	Canada Revenue Agency Older adults and COVID-19	This session will review measures that the Government of Canada has taken surrounding COVID-19, some common income types that are specific to seniors, the GST/HST credit, common tax credits and deductions for seniors, some of the services the CRA offers and how to protect yourself against scams.

Space is limited, register today by phone or email:

Phone: 905-526-4084

Email: scww@hamilton.ca



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