

New Frontiers Retirees' Conference Registration

Monday, May 13, 2019

Name _____

Address _____

Email _____

Phone _____

Registration Fee to **Thursday, May 9th** \$45

Membership (if not current) \$10

** NWARDA friends and community members are welcome to purchase an associate membership

Your Total _____

** Please make cheques payable to **NWARDA**
OR make an e-transfer to
nwarda.treasurer@gmail.com

** Unfortunately, we are unable to issue refunds but you may give your registration to another person.

Mail OR drop off your registration:

Eva Scott, NWARDA Treasurer
9234 – 96 Avenue
Grande Prairie, AB T8V 5N9

OR Email your registration information to

nwarda.treasurer@gmail.com

** Your conference confirmation will be emailed to you.

If you would like further information you may email an executive member:

nwarda.treasurer@gmail.com Eva Scott

northwesternretiredteachers@gmail.com Maxine Maxwell

nwarda.vicepres@gmail.com Russ Snoble

nwarda.president@gmail.com Joan Godbout



The Alberta Retired Teachers' Association (ARTA) provides one of the best health benefits plans for retirees in the country. In addition to the ARTA Benefit plan, ARTA offers services to its members such as: insurance, wellness information and activities, advocacy, retirement planning, technology information, scholarship awards as well as travel plans, social activities and other benefits. Currently, ARTA has over 22,000 members within the education, public and private sectors. ARTA has seventeen branches throughout Alberta and one satellite branch in British Columbia.



Email: info@arta.net
Website: www.arta.net



Toll Free: 1-855-212-2400
Phone: 780-822-2400



11835 149 St NW,
Edmonton, AB T5L 2J1



arta.net

5th Annual

New Frontiers Retirees' Conference



Social Physical
Emotional Intellectual
Economic Spiritual

Monday
May 13, 2019

Stonebridge Hotel
Grande Prairie AB

A one-day conference
especially for retirees

A time to ...
learn, laugh, enjoy, appreciate
renew friendships
connect with community

Includes
morning and afternoon keynotes,
two choices for breakout sessions,
morning muffins with coffee/tea,
nutrition breaks, buffet lunch,
art show and sale, along with draws
and door prizes.

5th Annual
New Frontiers Retirees' Conference

Monday May 13, 2019

is presented by the
Northwestern Branch
of the
Alberta Retired



Teachers' Association

NWARTA

(Northwestern Alberta Retired Teachers' Association)

is

45 years old.

On April 3rd, 1974, NWARTA received official recognition and its charter as the sixth branch of the Alberta Retired Teachers' Association. With 32 members and an annual fee of \$2, it began holding meetings throughout the North and South Peace including Rycroft, Spirit River, Grimshaw, Beaverlodge, Hythe, Fairview, LaGlace and Clairmont. The first elected executive members were: Margaret (Peggy) Smith, Marjorie Knapp, Martha Gitzel and Gladys Quick.

In addition to this founding executive team, NWARTA has had a great many dedicated members to thank for its continued growth and changing face. Today the branch boasts over 125 members that include teachers, educational support staff, post secondary institution retirees as well as retired community/regional members who support **NWARTA's goal of an engaged lifestyle in retirement** . . . *a lifestyle focusing on social, physical, emotional, intellectual, economic and spiritual wellness.*

8:30 – 9:10 Registration and Morning

9:30 – 10:30 Morning Keynote

Patricia Morgan is a Spunky Senior with a love of laughter and a joy for life. With a Masters Degree in Clinical Psychology, she is the author of several books and works with people who want to build their personal resilience. She will provide meaningful fun, bring surprising insight and be delightfully uplifting. You may wish to check her YouTube greeting or website



www.youtube.com/watch?v=whk_dIFJ7Bo

www.solutionsforresilience.com

GETTING OVER GETTING OLDER

Resilient aging means continuing to take on challenges and continuing to live vibrantly while accepting that older is inevitable. Patricia will bring insight into caring for our vintage bodies, minding our minds, having an attitude of gratitude and "lightening up" to improve our health.

10:30 – 10:50 Nutrition Break

10:50 – 11:50 Breakout Sessions - Choose A or B

Session A: **Jody Walker** is a Mental Health Facilitator with Alberta Mental Health. After over 20 years of experience in the field of mental health, Jody is passionate about supporting individuals, families and the community to cultivate, maintain and promote positive mental health and wellness.

MINDFUL AGING: TIPS FOR BEING A SUPER SENIOR

Join Jody as she explores strategies that can help seniors and their families nurture good mental health that promotes a meaningful, growth-oriented lifestyle.

Session B: **Chris Kadyk** is a Financial Advisor with Sun Life Financial. Chris works to help clients manage information and help them make informed financial choices.

WHAT ABOUT FINANCIAL WELLNESS?

Retirement presents challenging financial questions about lifestyle expectations, managing expenses, handling savings, dealing with taxation issues and estate planning.

11:50 – 12:50 Buffet Lunch

Don't forget to enter the door-prize draw AND you may want to spend toonies on the 50-50 draw.

Take time to appreciate the talents of regional artists; some items will be available for sale.

12:50 – 1:50 Afternoon Keynote

Grande Prairie Boys'



under the direction of
Jeannie Vanwynsberghe Pernal.

MUSIC: A PRESCRIPTION FOR WELLNESS

Music is good for the body and the soul. Listening to music reduces stress and lowers blood pressure. It can relieve physical pain and discomfort, lift one's mood, recharge and energize. Studies have shown that singing, even if you're off key, improves brain functionality. It is one medicine for which no prescription is needed.

1:50 – 2:10 Nutrition Break

2:10 – 3:10 Breakout Sessions – Choose C or D

Session C: **Collin Dillon** is the Athletic Director at St John Paul II School and serves on the Health and Physical Education Council of the Alberta Teachers' Association. Collin's passion is ensuring the love for movement with a healthy and active lifestyle for all.

PLANNING FOR PHYSICAL WELLNESS IN ALL LIFE'S PASSAGES

Collin will help you come up with a program to ensure your continued physical wellness. Come prepared to listen to a variety of program possibilities that will help seniors enjoy a healthy and active lifestyle.

Session D: **Patricia Morgan**, Author and Presenter.

BE A PEOPLE BOOSTER

Get ready to amplify your self-awareness and to improve your presence with family and friends. You will celebrate your own style of helping to more effectively empower others. Be ready to feel invigorated, joyful and uplifted.

3:15 – 3:30 Draws, Door Prizes and Closing