

	Conference Room: Willow Room	Break Out Room: Genesis Room	Break Out Room: Polaris Room	Break out Room; Rainbow Room	Common Areas and Dining Room	Suite: Sunflower Room
9:00-9:30:	Registration and Coffee Time in the Dining Room					Hearing Screening by HearingLife
9:30-10:20	<i>Su-Ling Goh</i> from Global News on “Current Issues in Senior Wellness”					Includes a barrier-free washroom that can be accessed off the hallway
10:30-11:20	Line Dancing Elise Seehagel	Canada’s Food Guide 2019: Kamala Garneau	Options in using Home Equity Dallas Sleeman	Merit Travel: Wellness Travel Kelsey Baron	Conversation/ Socialization Display table by Merit Travel	BOOKING 10 minute sessions On your registration form please indicate the time block you would prefer for your appointment:
11:30 - 12:20	Myofascial Stretch and Release Elise Seehagel	St Albert Photography Club with Eric Hagedorn and other club members	Hearing Life speaker to be arranged	Brain Health Hailie Rondeau, RN from HumanaCare	Display Table by TW Insurance Scrabble Challenge & Cribbage Games	
12:30 – 1:15 Light LUNCH (\$15.00 pp, covered by registration)						
1:20 - 2:20		St. Albert Photography Club with Eric Hagedorn and other club members	Ten Things your Pharmacist would like you to know: Jennifer Warwaruk	Visit Foreign Places with STARTA member presentations	Display Table by Leading Edge with Gait Scan (2 pm-4 pm)	
2:30-3:30	Just Add Effort: Staying Fit and Strong with Little (or No) Equipment. (Active Session): Leading Edge Physiotherapy	Greeting Cards Peggy Bergmann Debbie Kelley	Greeting Cards Peggy Bergmann Debbie Kelley	Visit Foreign Places with STARTA member presentations	Knitting / Crocheting circle (pm only)	
3:40 - 4:45	Medical Marijuana (TENTATIVE)					