



**Essential Seniors
NETWORK**

essentialseniorsnetwork.org

**Seminars • Prizes • Information Booths
Plan to attend any of the shows**

**Sackville Older Adult Centre
Sackville Hill Seniors Recreation Centre, Hamilton
Thursday, October 16th, 2014**

Time: 10 to 12:00 noon

Seminars:

1. Right at Home: Getting the Most of Your Doctor's Visit
2. Tena: Having a Healthy Bladder

Franklin Horner Community Centre

432 Horner Avenue, Toronto

Wednesday November 5th, 2014

Time: 9 to 12:00 noon

Seminars:

1. Right at Home: Getting the Most of Your Doctor's Visit
2. Bartimaeus: Behavioural Support in the Home
3. Ministry of Transportation: Winter Driving for Seniors

Meadowvale Older Adult Centre

6945 Meadowvale Town Centre Circle

Thursday, November 13th, 2014

Time: 1 to 3:00 pm

Seminars:

1. Right at Home: Getting the Most of Your Doctor's Visit
2. Tena: Having a Healthy Bladder
3. Ministry of Transportation: Winter Driving for Seniors

Square One Older Adult Centre

Inside Square One Shopping Centre, lower level

Wednesday November 25th, 2014

Time: 9 to 11:30 am

Seminars:

1. Right at Home: Getting the Most of Your Doctor's Visit
2. Tena: Having a Healthy Bladder
3. Ministry of Transportation: Winter Driving for Seniors



Right at Home is a home health care company providing compassionate, managed, person centred, medical and non-medical services for older adults and disabled adults who want to continue living as independently as possible in their own homes – where ever "home" is to them.
1100 Walkers Line Burlington I-855-983-4663 • www.rightathomecanada.com



Bartimaeus Senior Services has provided support to seniors with complex care needs, to their families and health care providers for over 20 years. Our services address behaviour, cognitive, emotional, physical and/or social difficulties that accompany aging. 905-634-8903 • www.bartimaeus.com • scrook@bartimaeus.com



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The vision of the Alzheimer Society is that people affected by dementia live full, dignified lives. "Drop in, call us and begin the conversation." 2345 Wycroft Road, Unit 13, Oakville, Ontario L6L 6L8
HOURS: Monday to Friday: 8:30 a.m. to 4:30 p.m. 289-837-2310 • www.alzhh.ca



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Brant Arts Dispensary offers pharmacy, home health care and medical equipment services to customers who wish to remain active and independent in their own homes. Our experienced staff of certified fitters and consultants are ready to help you with your decisions on mobility, ostomy, mastectomy, bracing and supports, wound care, compression stockings and more! 905-637-3833 • www.brantarts.ca • timlangford@brantarts.ca



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Solutions for Aging offers a specialized blend of health care and financial advisory service to Canadians aged 55 plus and their families. Our planning expertise and knowledge focuses on post-retirement needs. We help older adults, families and caregivers navigate events characteristic to later life. We are passionate about helping our clients make important decisions while they are theirs to make. 4145 North Service Road, 2nd floor, Burlington, ON.L7L 6A3 905-331-4334 • www.solutionsforaging.ca



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