

# Older Adult (50+) Information Fair

Thursday, May 31, 2018, 11:00 a.m.—3:00 p.m.

265 Cannifton Road, Belleville ON 613-966-4632



Welcome all 50+ Older Adults,  
Spouses & Caregivers

## 90 + Exciting Exhibitors!

Health & Wellness  
Retirement Residences  
Travel Agencies  
Financial & Insurance Agencies  
Community Agencies  
and much, much more!  
**Light snacks provided!**

## Great Seminars!

Located in the 50+ Centre

**11:15 a.m. - 12:15 p.m.**

Overview of Ontario's Estate Administration Tax  
Presented by: Ontario Ministry of Finance

**12:30 p.m. - 1:00 p.m.**

Finding Your Way—Project Lifesaver  
Presented by: The Alzheimer Society of Hastings - Prince Edward

**1:15 p.m. - 1:45 p.m.**

Are You Prepared for An Emergency?  
Presented by: Hastings County Emergency Management

**2:00 p.m. - 2:30 p.m.**

Save Energy - Save Money!  
Presented by: Greensaver

## Fitness Demonstrations (Located in the Gym)

**11:15 a.m. - 11:30 a.m.**

Senior Fit with Marek

**11:45 a.m. - 12:00 p.m.**

Tone & Sculpt with Jordan

**12:15 p.m. - 12:30 p.m.**

Bands, Balls & Bells with Debbie

**12:45 p.m. - 1:15 p.m.**

Ladies Fashion Show - Julia's Women's Wear

**1:30 p.m. - 1:45 p.m.**

Older Adult Yoga with Joanne

**2:00 p.m. - 2:15 p.m.**

Tai Chi & Chi Kung with Sherri

**2:30 p.m. - 2:45 p.m.**

Chair Yoga with Kathy

Seminars/ Demonstrations may be subject to change

## Fun & Free

Donations to Gleaners  
Foodbank Appreciated



This event is hosted by the City of Belleville, Recreation, Culture & Community Services, in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry of Seniors Affairs (MSA)

# Seminar Descriptions (50+ Centre)

**Thursday, May 31, 2018, Quinte Sports & Wellness Centre**

## **11:15 a.m. - 12:15 p.m.: Overview of Ontario's Estate Administration Tax**

Are you estate planning? Or has someone asked you to be their estate representative? Would you like to better understand how Ontario's Estate Administration Tax (EAT) works? The Ontario Ministry of Finance (MOF) can help. During this seminar, a MOF representative will:

- Define Estate Administration Tax (EAT)
- Clarify when EAT is applicable
- Demonstrate how to calculate EAT

Over 95 % of attendees find this seminar beneficial and recommend it to others.

**Presented by: Ontario Ministry of Finance**

## **12:30 p.m. - 1:00 p.m.: Finding Your Way - Project Lifesaver**

We all have an important role to play in making our communities safe for people with dementia. 60 percent of people with dementia-related memory problems become lost at some point - would you know what to do if you came across someone who was lost or confused? This seminar will give you information that could help save a life. Also, learn about Project Lifesaver; a premier search and rescue program. The mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury. Project Lifesaver combines radio technology with trained police services to save time and bring your loved one home safe.

**Presented by: The Alzheimer Society of Hastings-Prince Edward**

## **1:15 p.m. - 1:45 p.m.: Are You Prepared for an Emergency?**

An emergency situation or an evacuation can be a frightening and confusing time. Most of the time we don't have any warning before an emergency occurs - power or communication outages, train derailments, evacuations and more. Also, extreme storms, tornadoes, and other natural disasters seem to be happening more and more frequently, sometimes with dire consequences. Join us to learn valuable tips that will help minimize the impact these types of events can have on you and your family.

**Presented by: Hastings County Emergency Management**

## **2:00 p.m. - 2:30 p.m.: Save Energy - Save Money!**

Attend this informative seminar to see how you can save energy and money through incentive programs available to Ontario homeowners and tenants. Even the smallest changes around your home can save you money. Save on Energy has several programs such as the Home Assistance Program that helps qualified Ontario Homeowners and tenants improve the efficiency of their home by providing free energy upgrades that save energy and money!

**Presented by: Greensaver**



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