

FREE WORKSHOPS | PRE-REGISTRATION REQUIRED 604-501-5100 | LUNCH IS AVAILABLE FOR PURCHASE

9:00am-10:00am | KEYNOTE

Brain Wellness — The Secrets for Longevity

GARY ANAKA | REG #4543444

Are you experiencing brain fatigue? Not as sharp as you used to be? Are you living and working in a multi-tasking environment? If so, you may be experiencing accelerated brain aging. This practical workshop provides information and techniques to make your life and job easier and will tell you what a healthy brain needs and what brain killers to avoid. This energetic and lively session is filled with hope and optimism for your future. Find out how to use it before you lose it!

Gary Anaka is a Special Education Teacher, Author, Brain-Based Learning Facilitator, Advocate for Health and Wellness, and an inspirational Public Speaker. He is married and lives on Vancouver Island, British Columbia, Canada.

Gary is the top Brain-Based Learning facilitator in British Columbia today. He has been a certified facilitator since 1997, receiving on-going training from the Jensen Learning Corporation, a world leader in teacher training in the new field of Applied Educational Neuroscience.

Gary has over 32 years of classroom experience in Learning Assistance, Peer Tutoring, Gifted/Enrichment and Study Skills, at the high school level in Canada and Australia. He has presented Professional Development workshops to tens of thousands of teachers, support staff, students and parents in over 50 BC school districts as well as other provinces. He is the author of HYPERLINK.

LIVE MUSIC BY RICHARD STEPP | GYM 3 | 12PM-12:45PM

YOU ARE INVITED TO
ART by 10
Art Show and Sale

Hundreds of original artworks in a variety of mediums and styles presented by ten artists.

Fri June 2 2pm-8pm
Sat June 3 9am-4pm
Sun June 4 9am-4pm

Turnbull Gallery
South Surrey Recreation & Arts Centre
14601 - 20th Avenue, Surrey
(in the South Surrey Athletic Park Area)

Welcome opening evening reception
Light Refreshments: 6pm-8pm
Music: Chris Thornley and friends,
John Laird and Dennis Pook

Free Parking | Free Admission

10:15-11:00am | WORKSHOPS

Unforgettable Memory Strategies

GARY ANAKA | REG #4543445

Learn how memory works and how to strengthen pathways in your brain. Gain life supporting skills and priceless memory tips to help you avoid cognitive decline.

Personal Safety

SURREY RCMP | REG #4543625

Learn tips and strategies to increase your personal safety including home, pedestrian and online safety.

Explore "Vintage Vacations"

SURREY MUSEUM | REG #4543629

Remember and share memories of early 20th century life with a multisensory experience that utilizes artifacts, newspaper clippings, photographs, travel items and more.

Legacy Writing

SEMIAHMOO ARTS | REG #4543635

Join local writer, Taslim Jaffer, on a journey in writing the stories of your past. With writing prompts, including your own personal photographs, take a trip down Memory Lane to capture meaningful moments. *Please bring 1-2 personal photos.*

Travelsmart for Seniors: Getting around Metro Vancouver

TRANSLINK SOUTH COAST BRITISH COLUMBIA
TRANSPORTATION AUTHORITY | REG #4543640

Learn tips and tools to help you independently plan and travel on public transit in Metro Vancouver.

FIT 55+ LITE - CHAIR EXERCISES

CITY OF SURREY | REG #4543766

Improve circulation, respiration, balance, strength and flexibility all from your chair.

HEALTHY ACTIVE AGING

CONFERENCE



FOCUS ON SENIORS FORUMS

SEMINARS

WORKSHOPS

HEALTHY ACTIVE AGING CONFERENCE

ACTIVE AGING RESOURCE FAIR

NATIONAL SENIORS DAY

HEALTHY ACTIVE AGING

CONFERENCE

SATURDAY JUNE 3, 2017

South Surrey Recreation & Arts Centre
14601 20 Ave | 9am to 3pm

(DOORS OPEN 8:30AM)

All workshops require pre-registration.
To register, please call

604-501-5100



surrey.ca/seniors



CITY OF SURREY
SUPPORTING HEALTHY ACTIVE AGING

1785180

11:15am-12:00pm | WORKSHOPS

Frauds & Scams

SENIORS FIRST BC | 4543646

Learn about common scams targeting older adults, and find out how to protect yourself from counterfeit bank notes, financial abuse, and learn about the National Do-Not-Call List.

Beyond Words: Positive Proactive Communication Styles for Engaging People Living with Dementia

SENIORS COME SHARE SOCIETY | REG #4543626

Learn how to successfully communicate with people living with dementia. This workshop is designed for family, friends, neighbours, or anyone who wants to learn best practices surrounding how to successfully communicate with a person living with dementia. It outlines effective appropriate communications skills, using strategies and techniques that are universal, meaning that they are beneficial for people living with dementia as well as those who are not.

Help Shape Surrey: CREATING A NEW Parks, Recreation & Culture Plan

CITY OF SURREY | REG #4543630

Share your ideas in this interactive workshop on the future of parks, recreation and culture in Surrey. Over the next 10 years, this new plan will shape the future of your communities, facilities and services.

Taking Action Together – Public Safety Strategy

CITY OF SURREY | REG #4543672

Come learn about Surrey's new Public Safety Strategy that launched in October 2016. With a focus on the safety and well-being of seniors, this workshop will highlight the importance of creating space for dialogue and engagement with the community when trying to address core issues in the City.

Learn to Play the African Drums!

ASSOCIATION FRANCOPHONE de SURREY | REG #4543636

Learn to play the African drums and enjoy grooving to the beat, dancing and singing with two professional African drum artists.

Osteofit

CITY OF SURREY | REG #4543767

A gentle exercise program which is safe for people with osteoporosis and low bone mass. Focus is to improve strength, quality of life and reduce the risk of falls.

Project Lifesaver

SURREY SEARCH AND RESCUE | REG #4547312

Learn about Project Lifesaver, a program which helps provide rapid response to save lives and reduce the potential for serious injury to adult who wander due to Alzheimer's, Dementia and brain injuries.

1:00pm-1:45pm | WORKSHOPS

Wills & Estates

KANE, SHANNON & WEILER | REG #4543624

Hear about basic information on Power of Attorney, Representation Agreements and Wills. An updated and well planned Will can give peace of mind, and ensure that loved ones are provided for, while making the process easier.

First Step in Family History Research

SURREY LIBRARIES | REG #4543627

Surrey Libraries will provide an overview of Cloverdale Library's family history resources, a glimpse at other local organizations, plus a peek at some 'genealogy giants' like Ancestry and Family Search.

Emergency Preparedness

SURREY FIRE SERVICE | REG #4543631

This presentation will discuss Surrey Emergency Program, and prepare you for disasters or large scale emergencies. Learn about the Neighbourhood Emergency Preparedness Program – neighbors helping neighbors recover after a disaster.

What You Need to Know about End of Life Planning

CITY OF SURREY CEMETERIES | REG #4543634

Join Anna Christian from Surrey's Cemetery Services and learn how to properly preparing for end of life and dealing with lost loved ones. Anna will be happy to answer your questions.

Patio Planter Basics

SURREY PARKS PARTNERSHIP | REG #4543641

Join Surrey Park's Staff and explore the process of planter design: from determining sun exposure, container and plant selection and maintenance. All participants will make a patio planter of their own to take home.

Gentle Yoga

CITY OF SURREY | REG #4543671

Enjoy a slower paced class using supported postures and modifications to improve balance, strength and flexibility.

Promotion et soutien en santé mentale (FR)

RÉSOSANTÉ COLOMBIE-BRITANNIQUE | REG #4543639

Participez à cet atelier et découvrez deux programmes de l'Association canadienne pour la santé mentale, division C.-B. qui vous permettront d'améliorer la façon dont vous faites face aux situations difficiles, au stress, à la dépression légère ou à l'anxiété. "Vivre sa vie, pleinement" et "Retrouver son entrain" vous aideront à acquérir les habiletés nécessaires pour identifier et changer les modes de penser et les comportements qui causent ou maintiennent des symptômes ou de la détresse.

2:00pm-2:45pm | WORKSHOPS

Travelling Across the Border

CANADA BORDER SERVICE AGENCY | REG #4543673

Focuses on seniors travelling across the border, tips, general requirements and regulations, exemptions, what to expect when you return (by car or bus), what to expect in a secondary examination, and the Trusted Traveller - NEXUS Program.

Mature Drivers

SURREY RCMP | REG #4543628

This workshop offers information about staying safe on the road, staying mobile and knowing when to stop driving. Learn about the importance about how aging can affect driving.

Dementia Friends

ALZHEIMER SOCIETY OF BC | REG #4543658

Enhance your knowledge of how to best support people living with dementia in your community.

Fire & Fall Prevention

SURREY FIRE SERVICE | REG #4543632

Learn to identify fire and fall hazards and reduce risks through 12 easy solutions.

Mental Health Promotion and Support

RÉSOSANTÉ COLOMBIE-BRITANNIQUE | REG #4543638

Find out about two programs ('Living Life to the Full' and 'Bounce Back') from the Canadian Mental Health Association of BC that can help you improve how you deal with life events, stress, mild depression or anxiety using.)

Osteofit (FR)

RÉSOSANTÉ COLOMBIE-BRITANNIQUE | REG #4543643

Osteofit est un programme d'exercice élaboré spécialement pour les personnes ayant de l'ostéoporose et une faible densité osseuse, ainsi que pour celles à risque de chute et qui requièrent un programme sécuritaire et souple pour améliorer la force, l'équilibre et la coordination."

Patio Planter Basics

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Join Surrey Park's Staff and explore the process of planter design: from determining sun exposure, container and plant selection and maintenance. All participants will make a patio planter of their own to take home.