

Friday, May 1st | 'Getting the Most Out of Your Healthcare Appointment' with Ontario Health at Home. Learn practical tips for navigating your medical appointments. Our guest speakers will share how to prepare effectively, ask the right questions, and advocate for your needs within the healthcare system.

Friday, May 8th | 'Inside the Art Gallery of Northumberland (AGN)'. Discover the mission of our local gallery and how it enriches the community. This session covers ways to get involved as a patron or volunteer, followed by a casual "collection chat" highlighting key works from the permanent archives.

There will be no Boomers on May 15th as we will be closed for a Staff Professional Development Day.

Friday, May 22nd | 'Lawn Bowling in Cobourg' Experience the history and social benefits of one of Cobourg's oldest pastimes. The local club will discuss the its activities, the sport of lawn bowling, and how you can join this active community on the greens.



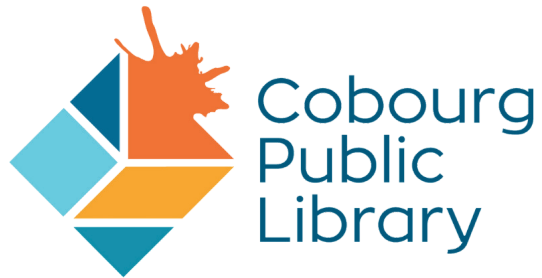
A great event to meet and connect with your community.

Friday, May 29th | 'Seniors Safety & Awareness' via the Seniors Safety Line. A vital session focused on safety, empowerment, and resources. Learn about the 24/7 support services available to seniors in Ontario and how to recognize and prevent elder abuse and neglect.

Friday, June 5th | 'Coffee Chat with Transition House, Christian Harvey, Interim Executive Director.' Join Christian for an informal conversation about the essential work Transition House does in our community. Learn about their mission to provide shelter and support services to those in need.

Friday, June 12th | Confused by the vitamin aisle? This week, we welcome Dr. Beatty, a local Naturopathic Doctor. Dr. Beatty will share expert insights on supplement selection, helping you understand what to look for and how to choose what's right for your health.

Friday, June 19th | Join us for this week's guest speaker, Rhonda Cunningham from the Northumberland Hills Hospital Foundation. Rhonda will be sharing insights into the vital work the Foundation does to support our local hospital and how community engagement helps keep high-quality healthcare close to home.



Cobourg Public Library
Rotary Room
200 Ontario Street
Cobourg, ON K9A 5P4

🕒 **10:00 a.m. to
11:30 a.m.**

📅 **Most Fridays —
Check with our team for
upcoming dates and
topics!**

🍷 **Light Refreshments
Provided**

☀️ **Welcoming those
aged 55 and older to
drop-in**

👐 **Donations
appreciated, but never
required**

BOOMERS

May & June



**A program for older
adults, ages 55+**