

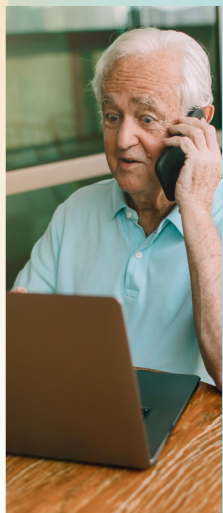
Friday, March 6th

Guest: Certified Hospice Palliative Care Ontario (HPCO) Trainers - This free, interactive community session will empower you to take control of your healthcare journey. Understand your rights, prepare your loved ones and make your voice heard.



Friday, March 13th

Guest: Ganaraska Financial Credit Union - Seniors are often the primary target of sophisticated financial scams. Don't become a statistic. Join us for this critical session to learn the latest tactics scammers are using and how to build the strongest possible defense. You will leave with actionable steps to safeguard your assets and your peace of mind.



Friday, March 27th

Guest: Maria Papaioannoy
Empower Yourself! Join Maria for a practical, one-hour workshop on Self-Advocacy. Learn essential skills to speak up, get your needs met, and make your voice heard with confidence.

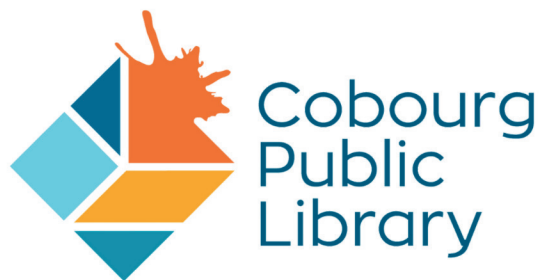
Friday, April 10th

Guest: Christopher Cameron
A First-Hand Account: Life with a Cochlear Implant - Hear directly from Christopher Cameron, a cochlear implant recipient, as he discusses his personal success story and the profound impact of modern hearing technology.

Friday, April 17th

Guest: YMCA - Gentle Chair Movement

A well rounded chair-based class combining light strength work, functional movement patterns, and gentle stretching. Flowing mindful movements help improve joint mobility, circulation, and muscular endurance.



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

March & April



LEARN SOMETHING NEW
MEET NEW PEOPLE
FEEL CONNECTED