

**Chatting over coffee
and helping each other.
It's what neighbours do.**



We wouldn't be here without the support of our neighbours. So it feels good to return the favour. That's why your local Tim Hortons is proud to support the Serving Seniors Social.



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and



present

The Serving Seniors Social

Saturday October 31, 2009

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1-800-565-5682
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On behalf of our sponsors and exhibitors, the Serving Seniors Alliance would like to thank **YOU** for attending our Social.

We look forward to seeing you again next year!



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644 Portland Street



The Serving Seniors Social

Welcome to the annual **Serving Seniors Social**, an event created and hosted by the **Serving Seniors Alliance**.

We are a group of committed individuals from various professions dedicated to connecting seniors and their families with trusted businesses, organizations and services in the community.

The **Serving Seniors Alliance** is known by families far and wide as a trusted resource for services and education to seniors in the greater Halifax area.

One of the ways we do that is through the **Serving Seniors Social**.

You are sure to find much to entertain and inform you here today.

It's all about trust

Contact us:

Tel: 499-4122
Fax: 827-3278
Email: weserve@ServingSeniors.info
Web: www.ServingSeniors.info
Mailing Address: **Serving Seniors Alliance**
644 Portland Street, Suite 332
Dartmouth, NS B2W 6A3

The Serving Seniors Alliance



Tel: 499-4122 or toll-free 1-877-504-4040

www.ServingSeniors.info weserve@ServingSeniors.info

Serving Seniors Bursary:

In 2009 the Serving Seniors Alliance presented bursaries to two groups who demonstrated special support to our seniors' communities.

We were very pleased to support the **Dartmouth Seniors Service Centre** and the **Hospice Society of Greater Halifax** - we want to thank them for the fantastic work they do for seniors in our community

In 2010 **two more \$250 bursaries will be given away** to non-profit organizations, charities, community groups or individuals who provide services directly to seniors.

Do you belong to such an organization?

Do you know of a group who goes above and beyond with their support of our seniors?

Please tell us and we will get an application form to them.

Applications are available from the Serving Seniors website.

The deadline for applications is January 22, 2010.

Additional details are on our website, or contact the Serving Seniors Bursary Coordinator, Kathryn Craig at 830-0935.

Thank you to the following organizations for their support:

Bedford Magazine ♦ Southender ♦ Eastern Gazette ♦ Seniors Advocate

Tim Hortons (Caldwell Rd & Forest Hills stores) ♦ CARP Halifax

Holiday Inn Harbourview ♦ Bell Aliant Pioneers ♦ Nubody's ♦ Frischkorn



Andrew Younger
MLA Dartmouth East

I'm proud to support the
 Serving Seniors Alliance.

Thank you for your continued work
 and dedicated service to the
 Dartmouth community since 2005.
 Enjoy the Serving Seniors Social!

P: 902-406-4420 73 Tacoma Drive, Suite 600
 F: 902-406-4421 Dartmouth, NS B2W3Y6

info@andrewyounger.ca
 www.andrewyounger.ca



The Serving Seniors Social

TODAY'S PROGRAM OF EVENTS (times are approximate)

- 9:30am Doors open, visit exhibitors, Shayla Steeves on piano
- 9.50am Take your seats, the show is about to begin!
- 10.00am *Welcome:* by Emcee Krista Cook from Seaside FM
- 10.10am *Entertainment:* fiddler Ron Noiles & Friends
- 10.40am *Presentation:* Cpl. Mike Kidd, RCMP, talks about 'Seniors Safety' sponsored by Grey Power Insurance
- 11.00am *Presentation:* Corinne Boudreau talks about 'The Basics of Estate Planning', sponsored by Stewart McKelvey
- 11.30am *Entertainment:* comedian Frank MacLean
- 12.00pm *Refreshment Break:* visit exhibitors, stamp passport sponsored by Tim Horton's & Serving Seniors
- 12.45pm Shayla Steeves on piano
- 1.00pm *Presentation:* Stretch with Susan Martin, of Nubody's
- 1.15pm *Presentation:* Logan MacGillivray (age 12) talks about 'Listen to the Children' sponsored by Audiology Associates
- 2.00pm *Entertainment:* Gary Beals
- 3.00pm *Presentation:* Bud Feron talks about 'Assisted & Retirement Living', sponsored by Parkland Estates
- 3.45pm Prize draws, closing remarks

A Serving Seniors photographer will be present throughout the day taking pictures. If you do NOT want to be photographed, please make your wishes known to the photographer before 3pm.



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The member of Serving Seniors would like to extend a heartfelt
Thank You
to Colette Robicheau and her team at *Organize Anything*
for their help in organizing the Serving Seniors Social.

Gary Beals

Gary is a Juno nominee, a five-time African Nova Scotian Music Award winner, Canadian Independent Music Award and East Coast Music Award winner, a Canadian Urban Music Award nominee, Canadian Radio Music Award nominee and a Planet Africa Rising Star recipient.

Throughout his musical career, Gary has used the gift of his voice to spread messages of positivity and upliftment. He donates his time to numerous causes, including the Canadian Cancer Society, Children's Wish Foundation, ATV's Christmas Daddies and the United Way.

His latest album, 'The Rebirth Of...,' combines Gary's soulful R&B gospel sound with layers of musical influences, including pop, reggae and hip hop and showcases a range of tracks that are smooth, inspirational and vibrant! Be sure to say hi to Gary at his booth.

Thank you: Ron Noiles & his Fiddlers, Shalya Steeves, and Frank MacLean.

Contact Logan MacGillivray at www.ListenToTheChildren.net or 835-6466.

Thank You! Thank You! to the 'Social' Team

Colette Robicheau, Organize Anything (www.OrganizeAnything.com)
Alex Handyside CSA, ScotiaCare Homecare (www.ScotiaCare.com)
Steve Kimball, Grey Power Insurance (www.GreyPower.com)
Kathryn Craig, Prudential Property Specialists (www.HalifaxDartmouth.com)
Allison Scott, Doctors Eye Clinic (www.DoctorsEyeClinic.com)
Joan Mikkelsen, Joan Mikkelsen Financial & Insurance Services (www.CheckWithJoan.com)
Dr David Lyon, Audiology Associates (www.AudA.ca)
Ian MacDonald, Dignity Memorial (www.SCI-US.com)
Corinne Boudreau, Stewart McKelvey (www.SMSS.com)
Bill VanGorder, CARP (www.carp.ca)

...and to all the many Serving Seniors members
who have volunteered their time to help make this event a resounding success.



Be sure to visit our exhibitors during the breaks.

Members of Serving Seniors

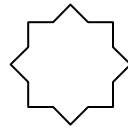
Bathroom remodelling: **Re-Bath – Halifax**, Andrew Bryson, **444-8282**
Financial advisor: **Joan Mikkelsen Financial Services**, Joan Mikkelsen, **468-0602**
Foot Care: **Toe to Sole Foot Care**, Marcienne Mason, **434-6070**
Funeral Pre-Planning: **A.L. Mattatall Funeral Home**, Ian MacDonald, **455-0229**
Group Tours and Travel: **Blue Diamond Tours**, Bob Davison, **444-6883**
Health & Wellness: **Healthwise Wellness Centre**, Wendell Wamboldt, **443-2946**
Hearing/audiologist: **Audiology Associates**, Maxine Quigley, **445-2814**
Homecare agency & Transportation: **ScotiaCare Homecare**, Alex Handyside, **454-3777**
Insurance, home/auto/travel: **Grey Power Insurance**, Steve Kimball, **425-1515**
Lawyer/elderlaw practitioner: **Stewart McKelvey**, Corinne Boudreau, **420-3200**
Mortgage specialist: **Dominion Lending Centres**, Audrey Wamboldt, **444-4343**
Newspaper/print media: **Seniors Advocate**, Lorne Urquhart, **468-5233**
Nursing / private senior home: **Carter Senior Care**, Robin Carter, **209-1314**
Optician/Optomterist: **Doctors' Eye Clinic**, Dr Allison Scott, **454-2020**
Physiotherapist: **PhysioCare at Home**, Jillian Stow, **404-4200**
Professional Organizer: **Organize Anything**, Colette Robicheau, **233-1577**
Psychologist: **Halifax Psychological Services**, Dr Maureen Gorman, **453-2200**
Realtor: **Prudential Property Specialists**, Kathryn Craig, **830-0935**
Retirement living: **Parkland Estates**, Barbara Lyons Cardinal, **449-7078**
Reverse Mortgages: **Canadian Home Income Plan (CHIP)**, Darlene Shortell, **233-0140**

ABCs of Fraud - Nova Scotia: Terry Pond, **435-2103**
Canadian Liver Foundation: Shayla Steeves, **423-8538**
CARP/Canada's Association for the 50 Plus: Bill VanGorder, **454-2267**
Chebucto Community Net (CCN): Mary Rigby, **466-4048**

or call the Serving Seniors office at 499-4122

Remember to say 'Thank You' when you see a volunteer:
- that's their reward, and it's yours to give.

Prize Passport



When you visit our sponsors and exhibitors,
make sure to ask them to stamp your passport.

When your passport is full, present it to the **Serving Seniors** table
for a ticket to the grand prize draw:

Gift basket & a chauffeur-driven Bentley for a day!

(with thanks to Tim Hortons and Coalition For Kids International for the prizes)

	Tim Hortons <input checked="" type="checkbox"/>	
Audiology Associates	Organize Anything	Grey Power Insurance
Seniors Advocate <input checked="" type="checkbox"/>	Joan Mikkelsen	CHIP
Re-Bath	Northwood In-Touch	Stewart McKelvey
Kathryn Craig / Prudential	Be Safer at Home	Dignity Memorial (Mattatall's)

**You must be present at 3.40pm
to win the Grand Prize Draw**

Prize Passport

When you visit our sponsors and exhibitors,
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by 3.30pm for a ticket to the grand prize draw:

Gift basket & a chauffeur-driven Bentley for a day!

(with thanks to Tim Hortons and Coalition For Kids International for the prizes)

	105.9 Seaside FM <input checked="" type="checkbox"/>	
ScotiaCare Homecare	PhysioCare at Home	Parkland Retirement Living
NewLife Home Health Eqpt	Legal Information Society	Toe to Sole Footcare
HealthWize Wellness	Carter Senior Care	Doctors Eye Clinic
Maureen Gorman, Psych	Blue Diamond Tours	Heritage Oak Columbarium

**You must be present at 3.40pm
to win the Grand Prize Draw**