

# Arcadia senior care

## Celebrate Seniors' Month June 2010



Arcadia Senior Care is pleased to celebrate Seniors' Month  
with a variety of **FREE PRESENTATIONS.**

**PLEASE CALL 416-977-0050 FOR MORE INFORMATION AND TO RESERVE YOUR SEAT!**

### **THURSDAY, JUNE 3 - 6:30 - 8:00PM**

**SAFE MEDS FOR SENIORS** - the Ontario Pharmacists' Association are delivering safe medication use seminars for seniors across Ontario. **Pharmacist, Susan Halasi** will present and host a question-and-answer period emphasizing the steps seniors' should be taking for safe use of medications.

### **THURSDAY, JUNE 10 - 3:00 - 4:00PM**

**SPEAKING OF BONES!** - Did you know that bone is living tissue that is constantly changing? Do you know how much calcium and vitamin D you should be getting every day? Join us for an afternoon tea, or milk! while **Elizabeth Stanton** from the Osteoporosis Society addresses these issues and more.

### **THURSDAY, JUNE 10 - 6:30 - 7:30PM**

**LIGHTEN UP!** - Downsizing Divas, Gail Shields and Karen Shinn will talk about simplifying your lives! It's all about figuring out what you want, use and need and finding new homes for the rest of your stuff. Downsizing Divas ... an evening of information, innovation and inspiration!

### **TUESDAY, JUNE 15 - 6:30 - 8:00PM**

**THE NEXT PHASE: RETIREMENT, INCOME & ESTATE PLANNING** - RBC Financial Planner, **Susan Tavana** will be on hand to discuss these important topics with you.

### **WEDNESDAY, JUNE 23 - 6:30 - 7:30PM**

**FALLS PREVENTION** - **Elizabeth Stanton** from the Osteoporosis Society will host this seminar designed to inform seniors on how to prevent falls and maintain their independence. The seminar will also look at health issues that put seniors at risk of falling in their home and community.

Arcadia provides a full range of home care services specializing in Alzheimer's disease and related Dementia.

Suite 105, 801 Eglinton Avenue West (Bathurst & Eglinton) Toronto, ON M5N 1E3