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# FREE WORKSHOPS FOR OLDER ADULTS

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The Waterloo Region Age-friendly Network invites you to celebrate the UN's International Day of Older Persons with three Zoom workshops in October.

These sessions are designed to help older adults make decisions about planning, housing, and transportation as they age. Sign up for each session individually by clicking on the links below or call 519-741-2507.



*Pathways to Ageing: How to get where we want to go*

October 14<sup>th</sup>, 10:00 – 11:00 a.m.

Learn steps that people can take to remain in their homes, including financial and health arrangements, and the issues that the older adults' children should be aware of to help their parents. Presenter: Sandra Hanmer

[Register here for this session.](#)

*Co-housing & Home Share Living Arrangements*

October 21<sup>st</sup>, 10:00 – 11:00 a.m.

Learn about innovative ways to continue to age in your own community. Presenters: Sharon Livingstone, Sandra Anderson, & Wendy Meek.

[Register here for this session.](#)

*Transportation Options for Older Adults in Waterloo Region*

October 28<sup>th</sup>, 10:00 – 11:00 a.m.

Learn or reacquaint yourself with mobility and transit options offered by Grand River Transit. When the GRT is not an option, find out about other transportation alternatives that are available in the Region. Presenters: Rachel Micallef, David Steffler & Rosalind Horne. [Register here for this session.](#)

Hosted by the Waterloo Region Age-friendly Network

