

**Saturday
May 30
10 a.m. – 2 p.m.**

Seniors' Resource Fair

**Location:
Cochrane
Alliance Church**

Presentation Schedule

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|---------------------------|---|
| 10:30–10:45 a.m. | Aquatic Therapy
Healing Waters Foundation |
| 10:45–11 a.m. | Aging in Place Home Supports
and Therapeutic Recreation
Sagewood Wellness |
| 11–11:30 a.m. | Library Services
The Cochrane Public Library |
| 11:30 a.m.–12 p.m. | Guided Tours for Adults 55+
Senior Discovery Tours |
| 12:30–1 p.m. | Managing Caregiver Stress
Caregivers Alberta |
| 1–1:30 p.m. | Dementia Basics
Alzheimer Calgary |

www.cochrane.ca/seniorsweek

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Presentation Summaries

Aquatic Therapy, Healing Waters Foundation

Water-based therapy can support mobility, balance, strength, confidence and overall quality of life. Learn about the benefits of accessible aquatic therapy and wellness programming, including fall prevention.

Aging in Place Home Supports and Therapeutic Recreation, Sagewood Wellness

This 2 part session will explore how recreation-based programs can support physical, cognitive, emotional and social wellness while practical strategies can make aging at home safer and more sustainable.

Library Services, The Cochrane Public Library

The Library is more than just books. Learn about what is available to our community including everything from 1 on 1 tech support to workshops, games, borrowing gardening tools and even power tools.

Guided Tours for Adults 55+, Senior Discovery Tours

Whether you're seeking an active adventure or a more relaxed vacation, thoughtfully curated tours offer memorable experiences to suit every pace and interest. Discover enriching travel journeys designed especially for travellers aged 55+.

Managing Caregiver Stress, Caregivers Alberta

Take a closer look at caregiver stress and how it affects your personal well-being. Avoid burnout and explore ways to foster resiliency, hope and seek a better balance in caregiving.

Dementia Basics, Alzheimer Calgary

An overview of dementia, including its common signs, symptoms and when to seek medical advice. We explore risk reduction strategies to support brain health and the services provided by Alzheimer Calgary. This session raises awareness and empowers individuals with knowledge for early recognition and informed decision making.

