



**SENIORS' DAY  
SATURDAY,  
MARCH 18, 2017  
11 AM TO 5 PM**

11 AM—12 Noon Registration, Exhibits, Networking  
12 PM-1 PM Lunch Buffet,  
1.00 PM Assembly

Presentations: (1 PM—3 PM)

Overview of Issues faced by Indian seniors in Canada  
Long term care facilities- Issues specific to Indo-Canadians  
Mental Health issues faced by Seniors  
Nutrition & Diet for Vegetarian Seniors  
Address by **Hon. Minister Deepika Damerla, MPP,**  
Minister of Seniors' Affairs; Government of Ontario

Panel Session/Q&A

3.00—3.30 PM: Entertainment/Talent show/Poetry reading by Seniors

3.30— 4.00 PM Coffee Break

4.00—5.00 PM Break-Out Sessions

Session #1:  
Inter-generational activity

Session # 2:  
Mindfulness and meditation

***ADDITIONAL FEATURES***

***Exhibits from various  
Health support groups***

***Blood Pressure test***

***Diabetes Test***

***Heart Health***

***FREE ADMISSION***

***Sringeri Community Center***

***80 Brydon Drive, Etobicoke***

***ON; M9W 4N2***

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