



Alan P. Sentance Educational Lecture Series:

Navigating Your Senior Living Journey

Presented by Amy Friesen,

From Tea & Toast



Tuesday, February 8 2022

10 - 11 am

Online, Via Zoom

With the option to attend over the phone

Join Tea & Toast founder and best-selling author, Amy Friesen as she discusses strategies on how to navigate your senior living journey.

This presentation will look at:

How to remain home safely; How to choose the best retirement home to call your new home; A look at long term care and steps to navigate it; Subsidies and tax credits; Covid and its effect on retirement living and long term care.

Bring your questions and we will do our best to answer them!

This a free online presentation via Zoom with an option to connect over the phone. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register and get the zoom information to connect

The Good Companions Seniors' Centre
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