



# Seniors! Day Out



Alzheimer's  
Awareness  
Month

**TUESDAY JANUARY 23**  
9:30am - 12:30pm | \$10/participant

**Guest Speaker:**

**Maggie Trevitt**

**Topic:**

**Brain Fitness**

Learn about dementia, how you can keep your brain healthy, and what programs and services are available in Elgin County

## COME JOIN US!

**9:30am to 10:30am**  
Chair Yoga, Skating, Shuffleboard, or  
Pickleball

**10:30am to 10:45am**  
Coffee Break

**10:45am to 11:45am**  
Guest Speaker – Maggie Trevitt

**11:45am to 12:30pm**  
Lunch from Aylmer Sub

Supported by:



**For more information  
or to register**

**Call:** (519) 773-5631

**Email:** [admin@eccc.ca](mailto:admin@eccc.ca)

**Visit:** [www.eccc.ca](http://www.eccc.ca)