

**New Horizons Grant Older Adult Forum  
Celebrating June – Seniors Month – *Working for Seniors*  
June 1, 2023 Agenda**

**Ontario Paper Thorold Senior Citizens Centre  
8 Carleton Street South, Thorold, Ontario L2V 3C5  
All Older Adults Welcome 55+**

- 8:30 a.m. Doors Open**
- 8:45 a.m. Introductions & Greetings from Dignitaries  
MC Megan Gilchrist**
- 9:00 a.m. Older Adult Programs in Thorold  
TCAG, Library, Seniors Centre and Thorold Age-Friendly.**
- 9:30 a.m. Empowering Older Adults Niagara Survey 2022 - Thorold Dat  
Jean D'Amelio Swyer**
- 9:50 a.m. Q&A**
- 10:00 a.m. Break**
- 10:20 a.m. Tiered Exercise Program, March of Dimes Canada,  
Amanda Marazzo, Program Facilitator**
- 10:35 a.m. Q&A**
- 10:45 a.m. Health Benefits of Caring for Houseplants, Theresa Forte,  
Garden Guru and Writer for St. Catharines Standard,  
Niagara Falls Review and Hamilton Spectator**
- 11:05 a.m. Q&A**
- 11:15 a.m. "Getting Old Is Not For Sissies. It's for Masochists!"  
William Thomas will talk about his next book**
- 11:45 a.m. Q&A**
- 11:55 a.m. Closing Remarks**
- 12:00 p.m. Lunch Break (Opportunity to buy William Thomas books  
and speak to presenters)**
- 12:15 p.m. Lunch Served**
- 1 p.m. Thorold Senior Citizens Centre General Membership Meeting  
Members ONLY Non-Members would leave AFTER lunch**

**Lunch: Lasagna, Salad, Roll, Break Snacks, Tea, Coffee, Water  
Tickets \$5 at Thorold Library, Thorold Seniors Centre, & Thorold Community  
Activities Group**