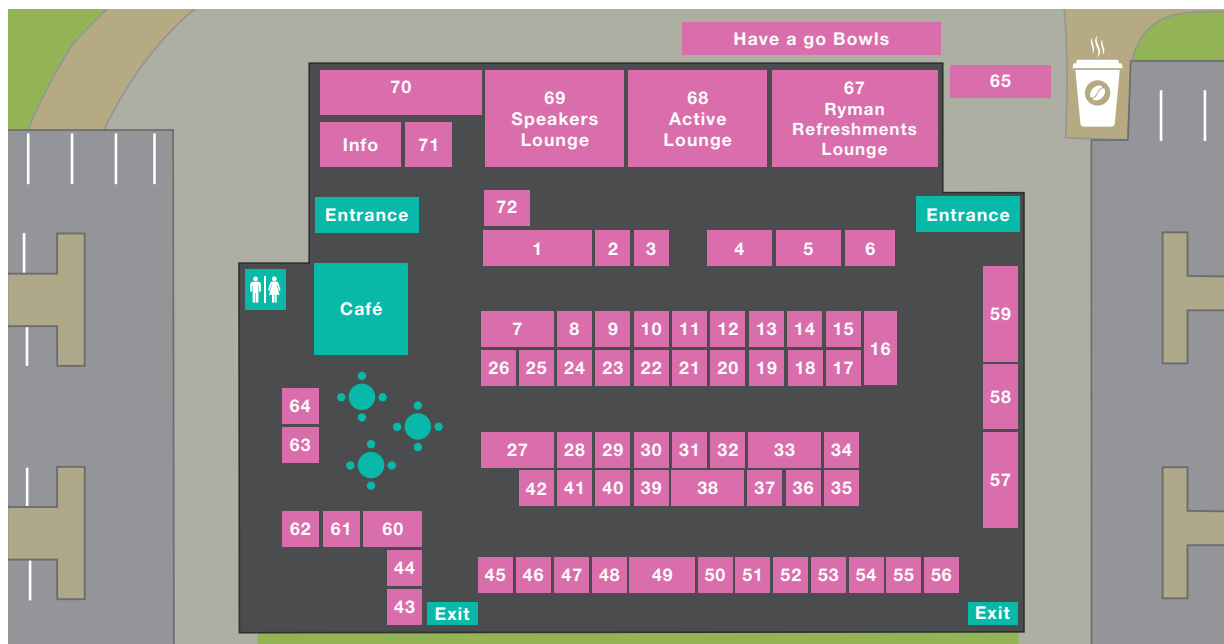


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Seniors' Lifestyle Expo



Selwyn Libraries	1	Eldernet	24	Brenna Sincock Hearing	49
Recreation & Sport	2	Ali's Home Healthcare	25	Odyssey House Christchurch	50
Brainfit	3	Selwyn NZ	26	World Travellers	51
Security Alert	4	Arvida	27	Citizens Advice Bureau	52
Resonate Health Rolleston	5	Age Concern	28	Hope Life Church	53
Cancer Society	6	Church of the Resurrection	29	Rolleston Community Patrol	54
Arvida	7	Disabled Persons Assembly	30	Selwyn Central Community Care	55
ReDiscover	8	Dementia Canterbury	31	Zumba® Happy with Justine	56
Neat Spaces Canterbury	9	Sport Canterbury	32	Stroke Foundation	57
Transition Navigators	10	Selwyn Netball Centre	33	More Mobility	58
SBS Wealth	11	Probus	34	Meccano Club	59
Jenni Gibson — New Zealand Celebrant	12	Wandersearch	35	Bupa Retirement Villages	60
You First Physio	13	Death Café	36	Leeston Day Club	61
Tavendale and Partners Limited	14	Lincoln District Community Care	37	Freedom Drivers	62
Access Community Health	15	Summerset	38	Your Way Kia Roha	63
Woodcroft Estate Lifestyle Village	16	Epilepsy NZ	39	Genealogy	64
Healthvision	17	Nurse Maude	40	Aspire Canterbury	65
Everything Funeral	18	Volunteering Canterbury	41	West Melton Bowling Club	66
Bayleys Canterbury	19	MS & Parkinson's Canterbury	42	Ryman Refreshments Lounge (Free tea, coffee and water).	67
Lincoln Grove	20	Civil Defence	43	Active & Fitness Classes	68
Lions Club of Selwyn	21	Road Safety	44	Speakers Lounge	69
Selwyn Prostate Cancer Support Group	22	Salvation Army	45	Linen & Treasures	70
HealthcareNZ & Freedom Medical Alarms	23	Lincoln & Districts Historical Society	46	Event Information & Prize Draw	71
		Inland Revenue	47	Te Paepae Ageing Well Strategy	72
		Rolleston RSA	48		

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Seniors' Lifestyle Expo

Expo Talks

9.45am	Retirement Village Living	Bupa
10am	Mindful Ageing	Age Concern
10.30am	Online Safety and Scams	University of Canterbury
11am	Legal Matters	Taverndale and Partners
12pm	Older and Happier	Transitional Navigators
12.30pm	Brain Health	Dementia Canterbury
1pm	Te Paepae Ageing Well Strategy	Selwyn District Council

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Seniors' Lifestyle Expo

Expo Activities

10am	Mature & Motivated Exercise Class A low impact, fun exercise class great for heart fitness, strength and balance.
11am	Zumba Gold® — Seated and Standing Zumba Gold® seated is perfect for those with mobility or balance issues, as it is done in a chair or standing behind a chair for support, while Zumba Gold® dancing is a dance fitness class.
11.30am	Line Dancing Choreographed dancing to a repeating sequence of steps while arranged in rows. Enjoy great music and company while getting some exercise and coordination.
12pm	Ryman Triple A Exercise Class Class to music with a variety of strength conditioning, aerobic, core, balance, coordination and cool-down/stretch and relaxation.
12.45pm	Neurolates An adapted pilates programme suited for individuals with acquired neurological conditions or anyone wanting to work on both brain and body health.
1.30pm	Move it to Music Exercise Class Music, fun equipment and a sense of humour is all you need in this class to get moving! Suitable for those with arthritis or less active. Accredited by ACC.