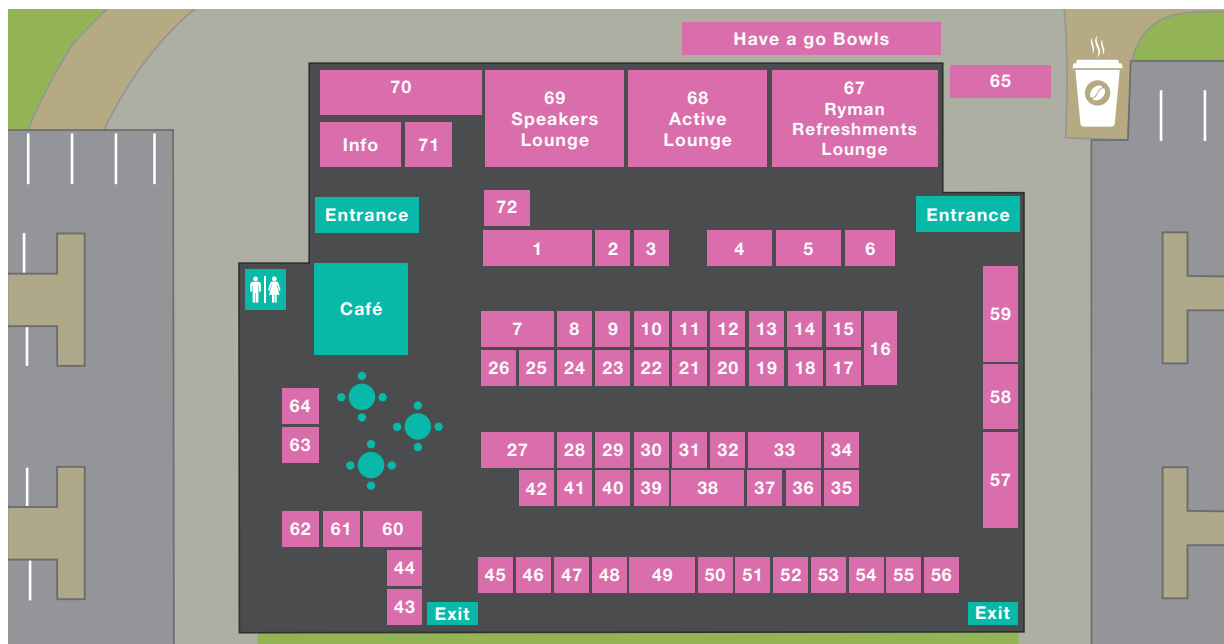


# swell

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

# swell

## *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	Tavendale and Partners
12pm	Older and Happier	Transition Navigators
12.30pm	Brain Health	Dementia Canterbury
1pm	Te Paepae Ageing Well Strategy	Selwyn District Council

# swell

*Seniors' Lifestyle Expo*

## Expo Activities

10am	<b>Mature &amp; Motivated Exercise Class</b> A low impact, fun exercise class great for heart fitness, strength and balance.
11am	<b>Zumba Gold® — Seated and Standing</b> 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	<b>Line Dancing</b> Choreographed dancing to a repeating sequence of steps while arranged in rows. Enjoy great music and company while getting some exercise and coordination.
12pm	<b>Ryman Triple A Exercise Class</b> Class to music with a variety of strength conditioning, aerobic, core, balance, coordination and cool-down/stretch and relaxation.
12.45pm	<b>Neurolates</b> An adapted pilates programme suited for individuals with acquired neurological conditions or anyone wanting to work on both brain and body health.
1.30pm	<b>Move it to Music Exercise Class</b> 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.