

# NEW



Age-Friendly  
Hanover

## TOWN OF HANOVER SENIOR ACTIVE LIVING CENTRE PROGRAM

# SPEAKER SERIES



**P&H CENTRE | 269 7<sup>TH</sup> AVENUE HANOVER ON**



**1:00PM-2:30PM**



**1<sup>ST</sup> & 3<sup>RD</sup> MONDAY OF THE MONTH | OCTOBER - DECEMBER 2025**

**100%  
FREE**



### **VON SERVICES | BEVERLY MULDER**

Hear from Beverly Mulder, Volunteer Program Coordinator, as she shares valuable information about VON's community support services and resources.

**OCT  
06  
2025**



### **NUTRITION | HANOVER FAMILY HEALTH TEAM**

Sit in on a valuable session with Hanover Family Health Team on nutrition and discover how healthy eating can boost your energy, wellness, and overall quality of life.

**OCT  
20  
2025**



### **MENTAL HEALTH | JACKIE RALPH**

Join us for an enlightening session with Jackie Ralph from CMHA Grey-Bruce as we explore important insights and strategies for supporting mental health and well-being.

**NOV  
03  
2025**



### **WILLS | ANGELA YENSSEN**

Learn about will preparation and get your questions answered by Angella Yenssen from the Grey-Bruce Legal Clinic

**NOV  
17  
2025**



### **FALL PREVENTION | GREY BRUCE PUBLIC HEALTH**

Don't miss this info session with Grey Bruce Public Health on fall prevention. Learn practical tips and strategies to stay safe, steady, and independent.

**DEC  
01  
2025**



### **HEARING WELL = LIVING WELL**

Listen in to an engaging talk with our guest speaker on hearing health and learn how to protect your hearing and recognize early signs of hearing loss.

**DEC  
15  
2025**

**LIGHT REFRESHMENTS PROVIDED FOR ATTENDEES**

**FREE SALC PROGRAMS WITH SUPPORT PROVIDED BY THE GOVERNMENT OF ONTARIO.**



**519-364-2310 EXT 2121**



**HANOVER.CA/RECREATION-CULTURE/RECREATION-PROGRAMS**



**Hanover**  
Ontario, Canada