



Senior Speaker Series



Tiny's Senior Advisory Committee, in partnership with local clubs and service providers, is excited to host various workshops addressing topics and issues related to seniors, older adults, and their caregivers. Each event is free of charge; however participants are required to reserve a ticket in advance.

The Benefits of Being in Nature

Thursday, September 11, 2025 9:30 AM to 12:00 PM

Township of Tiny Community Centre (91 Concession 8 East, Tiny)

Discover how simple moments in nature can reduce stress, boost well-being, and support healthy aging - no hiking boots required!

Strong, Supported, and Active: Living Well with Arthritis

Thursday, September 25, 2025 9:30 AM to 12:00 PM

Township of Tiny Community Centre (91 Concession 8 East, Tiny)

Learn expert tips on managing arthritis and osteoporosis to stay active, protect your joints, and maintain a strong, independent lifestyle.

Aging Well in Simcoe County

Thursday, October 16, 2025 10:00 AM to 12:00 PM

Township of Tiny Community Centre (91 Concession 8 East, Tiny)

Discover the County of Simcoe's latest age-friendly programs and initiatives designed to support healthy, engaged, and inclusive aging.

Active Living for Life

Thursday, October 30, 2025 9:30 AM to 12:00 PM

Township of Tiny Community Centre (91 Concession 8 East, Tiny)

Enjoy a lively session with simple, low-impact activities that promote flexibility, strength, and fun. Perfect for all fitness levels.

Emergency Preparedness for Seniors

Thursday, November 6, 2025 9:30 AM to 12:00 PM

Township of Tiny Community Centre (91 Concession 8 East, Tiny)

Gain practical tips on how to create an emergency plan, build a go-bag, and stay safe and connected during unexpected events.

For more information and to register: www.tiny.ca/seniors/programs