**International Day of Older Persons – October 1st**

**Online Workshops:** Tri-Cities Seniors’ Action Society is holding its annual “Pathways to Better Health” **ONLINE** this year and you are invited! Online workshops are FREE.  They will also have many draw prizes to give away as well as swag bags of goodies.  **You just need to REGISTER**

**Declutter and Downsize**

Monday, September 27th

10:00- 11:00 am

Heather Knittel, of Good Riddance, offering her fun tips on how to **Declutter and Downsize** and get Organized.  Don’t miss it!  [**https://bit.ly/3kdsCGc** [bit.ly]](https://urldefense.com/v3/__https%3A/bit.ly/3kdsCGc__;!!G4oVokrRG-Im!-xFUsJVBxLiOV2RUWOmO-V1LlfzbJ10i5gn_MckiwzlPG-C4l_-sp7k7AevrKKRPHNM0$)

**Importance of Vaccines in Older Adults**

Wednesday, September 29 2021

10:00 AM – 12:00 PM

[Add to calendar](https://www.eventbrite.ca/e/vaccinations-for-seniors-shingles-pneumonia-influenza-covid-19-registration-172429269587#add-to-calendar-modal)

Ajit Johal, pharmacist/owner of Wilson Pharmacy and Faculty of Pharmacy UBC clinical instructor, speaking on the **Vaccinations for Seniors** that all seniors need to protect themselves for a healthy future:  Shingles, Tdap (Tetanus/Diphtheria/Pertussis), and respiratory vaccines for Pneumonia, Influenza, and COVID-19.  Ajit is knowledgeable and presents a great workshop of facts. To register please click the following link [**https://bit.ly/3CgC3ea** [bit.ly]](https://urldefense.com/v3/__https%3A/bit.ly/3CgC3ea__;!!G4oVokrRG-Im!-xFUsJVBxLiOV2RUWOmO-V1LlfzbJ10i5gn_MckiwzlPG-C4l_-sp7k7AevrKMUTN8_G$)

**Opening the Door to Truth & Reconciliation** (for all those who can’t join us at Britannia’s Orange Shirt Day)

Thursday, September 30th

at 10:00 am

Derek Thompson, *Thlaapkiituup* is from the Ditidaht First Nation, one of fourteen Nuuchahnulth Nations on the west coast of Vancouver Island.  September 30 has been declared the National Day of Truth & Reconciliation.  Let’s learn from what a First Nations advisor has to say to lead us to some understanding and action.  [**https://bit.ly/3ntMKWS** [bit.ly]](https://urldefense.com/v3/__https%3A/bit.ly/3ntMKWS__;!!G4oVokrRG-Im!-xFUsJVBxLiOV2RUWOmO-V1LlfzbJ10i5gn_MckiwzlPG-C4l_-sp7k7AevrKHrjoHdz$)

 R**egister for each Workshop** if you’re interested in attending them all.

(Each one needs to be registered separately)