



Thriving as We Age: Financial, Physical & Caregiving Wellness for Seniors

Join us for essential presentations about the multiple dimensions of healthy aging! Our guests will address critical topics affecting seniors and their families, including tax inequities facing single seniors—whether lifelong singles or those who find themselves single through the death of a spouse or divorce—strategies to prevent caregiver burnout, maintaining physical strength and mobility, and accessing government support for aging in place. Whether you're a senior, caregiver, or planning for the future, you'll gain practical insights to make the most of every stage!

Tuesday, December 2nd, 2025 | 9:30 AM - 1:00 PM

HYBRID: ONLINE VIA ZOOM

& IN-PERSON: SANAAQ CULTURAL AND COMMUNITY CENTRE | ROOM 2

(former site of The Montreal Children's Hospital)

1200 Sussex Street, Montreal (Peter McGill District)

Atwater Metro / Across from Cabot Square | [Centre Sanaaq](#) | [Ville de Montréal](#)

AGENDA

9:10 - 9:30 AM **Registration**

9:30 - 9:40 AM **Welcome and Introductions**

9:40 - 10:35 AM **UNFAIR FEDERAL TAXATION of SINGLE SENIORS**

PRESENTER: **Elizabeth Brown:** Director, Single Seniors for Tax Fairness

Is it fair that single Canadian seniors (widowed, divorced, separated, never married 65+) currently pay from 2 to 10 times the taxes on the same total combined incomes as senior couples? Learn about Single Seniors for Tax Fairness (SSTF), a Canadian nationwide movement devoted to lobbying for revisions to the Income Tax Act to provide fairness and equity for senior singles.

10:35 - 10:45 AM **Question & Answer Period**

10:45 - 11:20 AM **RECOGNIZING AND ADDRESSING CAREGIVER BURNOUT**

PRESENTER: **Claire Webster:** Certified Alzheimer Care Consultant & Certified Professional Consultant on Aging (CPCA)
Founder, Lecturer, Ambassador, McGill University Dementia Education Program

Are you concerned about a family member who may be experiencing the beginning of dementia and wondering how to address it with your family member? What are some of the challenges you face? Perhaps you have been the caregiver of a loved one for several years, and you are facing total exhaustion. Are you ignoring the signs of burnout? How can you prevent burnout? What support services are available to you, and how can you access them?

Claire will share her personal experience when caring for her mother and the impact she has personally lived through, which led her to create Caregiver Crosswalk and establish the McGill University Dementia Education program to help others.

11:20- 11:30 AM Question & Answer Period

11:30 -11:50 AM **MAINTAINING OUR MUSCLE STRENGTH, BALANCE AND FLEXIBILITY**

PRESENTER **Raquel Huggins:** Owner of FITT and Fabulous

Winter has arrived, and we all know we tend to be less active than during the summer months. Many fear falling on icy surfaces, and after being shut-in during COVID, many lost significant muscle mass. If you're dealing with arthritis that limits your flexibility or concerned about maintaining your balance, this session is for you! Raquel will demonstrate simple yet effective exercises that are safe, require no gym membership, and can be done right in your home. Learn how to stay active and strong throughout the winter months with practical exercises you can start today!

11:50 – 11:55 AM **HEALTH BREAK**

11:55- 12:20 PM **AGING IN HOME GOVERNMENT REBATE PROGRAMS**

PRESENTER: **Andrew Defour,** Owner: Customized Home Care

You've likely heard about government rebates and programs designed to help seniors remain in their homes longer, but do you know what's available and how to access them? What are the eligibility requirements, and are you claiming all the benefits you're entitled to on your income tax? Andrew will provide a comprehensive overview of these programs, explain the qualification criteria, and help ensure you're taking advantage of every benefit available to you.

12:20 -12:30 PM Question & Answer Period

12:30 -12:45 PM Wrap up & Collect Evaluation Forms | Complete Online Survey

12:45 - 1:00 PM Exit Room 2 - Guests welcome to explore the new Sanaaq Centre!

PRIX DE PRÉSENCE (DOOR PRIZE) FOR IN-PERSON ATTENDEES!

Tea, coffee and light fare will be served.

IN-PERSON REGISTRATION: <https://tinyurl.com/23yjd4rx>

**FREE FOR MEMBERS OF SENIORS ACTION QUEBEC (SAQ)
\$20.00 FOR NON-MEMBERS**

Become a Member (\$20,00) and get all events free!
<https://www.seniorsactionquebec.ca/en/membership/>

ONLINE REGISTRATION: Email info@seniorsactionquebec.ca to receive a ZOOM link