



## BEING PREPARED: SENIORS TAKING BACK THEIR POWER!

Wednesday, November 5<sup>th</sup>, 2025

9:30 AM - 1:00 PM

**SANAAQ CULTURAL AND COMMUNITY CENTRE | Room 2**

[Centre Sanaaq | Ville de Montréal](#)

(former site of *The Montreal Children's Hospital* | Across from Cabot Square)

1200 Sussex Street, Montreal (Peter-McGill District)

Atwater Metro

**9:30 - 9:45 AM**      **Registration** | Coffee, tea and light fare served

**9:45 - 9:50 AM**      **Welcome and Introductions**

**9:50 - 10:20 AM**      **Adapting to Change: Accepting New Needs and Embracing New Realities**

**PRESENTER:**      **Marie-Claude Giguère:** Founder and owner of Helping Seniors™, published author.

Life throws curve balls, but when we stay light on our feet and keep conversations open about aging, we can stay ahead of the game. This presentation will explore key considerations for planning your future—whether you're thinking about downsizing, aging in place, or exploring senior living options—as well as the legal aspects to keep in mind throughout the journey.

**10:20 -10:30 AM**      Question & Answer Period

**10:30 -11:00 AM**      **World Events and Outside Factors: Understanding Their Impact on Our Well-Being**

**PRESENTER:**      **Dr. Christopher MacKinnon, Ph.D.,** Psychologist

We live in a world marked by uncertainty, division, and loss—and these external crises reverberate within us. Many of us feel overwhelmed, fearful, or disconnected from a sense of purpose.

Yet how can we meet this moment with courage? How can we reclaim personal authority and create meaning, even when circumstances feel beyond our control?

This talk explores practical ways to navigate both the inner and outer challenges of our time, drawing on insights from psychology, resilience research, and the search for meaning.

**11:00 -11:10 AM**      Question & Answer Period

**11:10 -11:25 AM**      **Health Break**

**11:25 -11:55 AM**      **“Do I Still Need This Medication?”: Deprescribing and Safe Use of Medications**

**PRESENTER:**      **Maéva Blot**, BScN, Pharm D, MSc. Pharmacist, McGill University Health Center

Medications can help us in many ways, but as we age, our bodies become more sensitive to their effects. Some medications may even cause more harm than benefit. This session will help you understand safe medication use and equip you with essential questions to ask your healthcare provider—protecting yourself and those you care for from potential medication harm.

**11:55 -12:05 AM**      Question & Answer Period

**12:05 –12:35 AM**      **Nourish Your Body Without Breaking the Bank: A Senior's Guide to Affordable Eating**

**PRESENTER:**      **Kim Arrey**, Dietitian, Author, and a regular contributor on CJAD Radio

Join registered dietitian Kim Arrey for an inspiring and practical session on how smart food choices can ease arthritis pain—and do so much more. Discover how an anti-inflammatory diet helps manage joint discomfort while supporting heart health and protecting brain function, reducing the risk of Alzheimer's disease and depression.

You'll come away with budget-friendly strategies for grocery shopping, meal planning, and cooking nourishing meals that fuel vitality. Drawing on wisdom from the world's Blue Zones—communities known for longevity and health—you'll learn that eating well isn't expensive, it's essential. Let's make every bite count: for your body, your mind, and your wallet.

**12:35 - 12:45 PM**      Question & Answer Period

**12:45- 12:50 PM**      Wrap up & Collect Evaluation Forms

**1:00 PM**      Exit Room 2

Attendees are welcome to explore the new Sanaaq Cultural and Community Centre!

**To attend, you must register by Friday, October 31, 2025**

**Cost:**      FREE for members of Seniors Action Quebec

**Non-Members:**      \$20.00

**Become a member:**      [Seniors Action Quebec - Membership](#)

Please note that the presentations will be in English-only. Questions can be bilingual.

