



Greetings from the Board !!!

We hope you have had a fabulous summer. So many events, so many relatives, so many memories...

We have had a good summer. We have a new Office Coordinator, Kaely Scott. She began in earnest on Aug. 1. We are expecting great things from her. St. Thomas University where we have our office has notified us that renovations are to be expected. In fact, our space is being reduced and a faculty office is being created beside us. We have a lot of items to review and will have to deal with reduced space. Our phone number and contact information will remain unchanged. Do come by in the fall and meet Kaely.

Our Board members are hard working. Penny Pacey has returned from leave for health reasons. We could use a few new Board members, please let us know if you would like to help. There may be a short term sub-committee or two. We have some ideas for the coming year and would need additional people power to accomplish goals.

We held a visioning session in June. Bill Randall attended and gave us background and many new ideas. We have booked (thanks to Jane) three presentations for the fall so far. They are highlighted in this newsletter. We are making contacts with new faculty at STU as well as with the Stepping Stone Centre. We hope to have research associates join us this year as interest has been expressed.

We exist for you. Let us know your ideas. We plan to uphold the great reputation of the Third Age Centre and will do so with your help.

Nancy Wiggins, President, TAC

New Office

The Third Age Centre office underwent some changes this summer. We are now located next to our old space in Holy Cross House.

Our renovations gave us an opportunity for some reorganizing and rearranging of our things.

This caused a delay for our September newsletter and we appreciate your patience while we are getting settled.

Introducing new TAC Office Coordinator

Kaely Scott is a former St. Thomas University student, where she earned a degree in Literature and Religion. Kaely is now working on her second bachelor degree, Adult Education from the University of New Brunswick.

When not at the Third Age Centre Kaely loves reading and being outdoors.

Her Office hours are generally Tuesday and Friday mornings and Wednesday afternoons. She will be available the mornings of presentation days to answer any questions you may have.

Please do come and say hello sometime.



Introducing our Student Board Member

Brooklyn Arsenault is a St. Thomas Gerontology Student from Minto, New Brunswick. She graduated from Minto Memorial High School in 2017, where she then enrolled in the Human Services program at NBCC. Brooklyn graduated with honours from NBCC Human Services program in the spring of 2018. While attending NBCC, she was accepted to the Bachelor to Applied Arts program with a focus in Gerontology at St. Thomas University. Brooklyn is now in her third year of studies at St. Thomas and is working towards her goal of becoming a social worker.

Brooklyn has been very involved in her community. She has held the titles of Miss Minto 2016 and Miss New Brunswick 2017. She is part of The Dave McNeill Band, that plays at various events in the Minto area. Also, Brooklyn volunteers at her local nursing home where she initially found her passion for Gerontology.



Upcoming Presentations

October 30; Ramsey Anderson from CAA Travel will talk about travel tips for seniors including travel trends and popular destinations and the importance of travel insurance.

Nov 27; Paul Bowman pharmacist, will give a talk on a variety of topics including the expanding role of a pharmacist and how it can benefit a patient, immunizations for seniors and information on a national pharmacare program.

Both presentations will be held at the STU Conference Centre. Let us know if you have any questions. You can register for both by calling 452-0526 or emailing 3rdage@stu.ca. Hope to see you there!

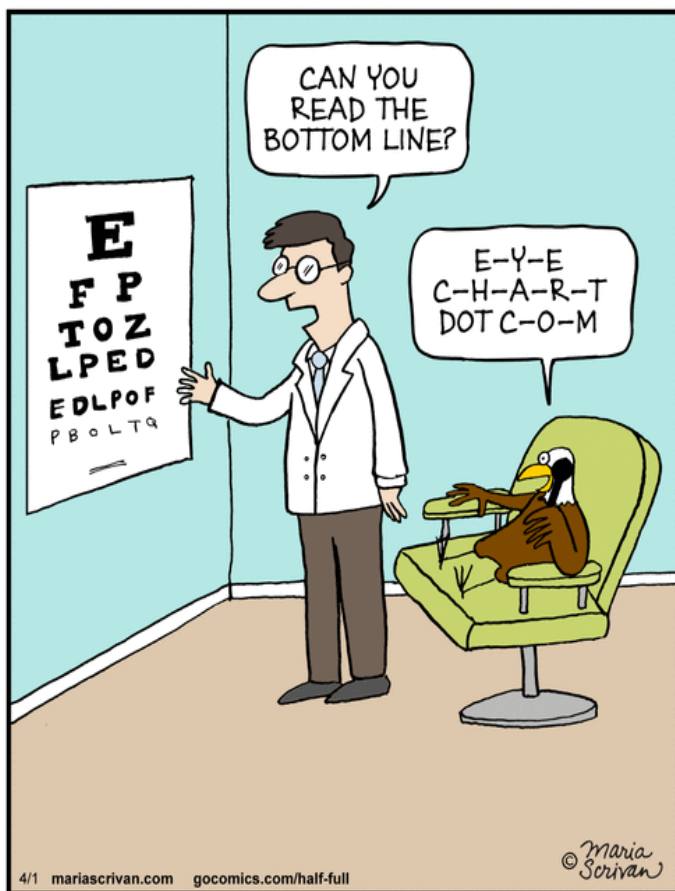
September Board Meeting

The Board held its first meeting on September 11th after a summer break. Your board for this year are: Front row left to right: Doreen Kissick, Kaely Scott (Office Coordinator), Brooklyn Jordan-Arenault, Jane Asher, Penny Pacey. Back row left to right: Clara Gorham, Anne Doyle, Nancy Wiggins, Eleanor McCloskey, Joan MacFarland.



**The Third Age Centre
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Email: 3rdage@stu.ca**

Established in 1991, the Third Age Centre is a Registered Charity housed at St. Thomas University in Fredericton, New Brunswick. Directed by a volunteer Board, it operates on the principle of seniors helping seniors. The Centre's Goal is to support seniors' efforts to maintain an active healthy lifestyle, develop themselves, and serve their communities. TAC promotes life-long learning, informed public discussion, and inter-generational exchange between seniors and younger people.



“You don't stop laughing when you grow old, you grow old when you stop laughing.”

— **George Bernard Shaw**

Updated Membership Fees

We had a slight increase in our fees this year which can be found below. We would like to thank you for your continued support. You should receive a membership renewal form by mail.

\$20 Individual Membership

\$30 Couple's Membership

\$40 Group Membership