



## Greetings from the Board !!!

**The New Year, 2020, has arrived and the days are slipping by. Winter presents its unique challenges. Keep well and safe and active!**

More presentations have been arranged. We look forward to sharing the varied topics with you. We welcome your suggestions for future talks. Thanks are due to all the presenters and to our loyal members who attend.

Our fundraising campaign is off to a good start. We are very grateful for your donations.

Plans are underway for our Annual Meeting on April 22 at 2 p.m. Place will be announced. Our special speakers will be Dr. Bill Randall and Matt Robinson. Their topic is "Things that matter: Resilience, Reminiscence, and the Role of special objects in the stories of our lives."

We have recently welcomed three Research Associates. They are professors at St. Thomas and UNB. They will present us with their findings at the conclusion of their study on Baby Boomer retired women.

As always I extend a huge vote of thanks to Kaely Scott, Office Coordinator, and to each of the Board members who are working diligently on your behalf.

Nancy Wiggins, President, TAC

## Presentations of 2019

### Carolyn Townsend – Feldenkrais Method

Carolyn, a local physiotherapist, is an authority on Feldenkrais, awareness through movement. It is not an aerobic exercise; it is more about balance, coordination and overall attentiveness. Connections between the brain and body can improve body movement and psychological state. Carolyn had us practice some steps, such as noticing how we tend to sit.

-Eleanor McCloskey



*Carolyn Townsend , September 27th 2019*

### Ramsay Anderson-CAA Travel

On Wednesday, October 30, Ramsay Anderson from CAA was our presenter. Ramsay gave, with his usual enthusiasm, travel tips for seniors, ideas about popular destinations, and clear directives re the insurance necessary for travelers. The appreciative audience had questions and Ramsay had answers! – Eleanor McCloskey

### UPCOMING EVENTS:

**Birding 101: Join Nature NB and learn about a great way to get outdoors. Talk will be at 2pm, February 26th 2020, at the Willie O'Ree centre, community room #3.**

**Annual AGM: Please join us on April 22nd for our Annual General Meeting. Guest speaker this year is Dr, Bill Randall . Location TBD.**

## Presentations of 2019



*Paul Bowman, November 27th 2019*

### Paul Bowman-Role of your Pharmacist

Paul Bowman was back with us, this time sharing information on current pharmacy-related topics and answering our questions. He spoke mainly on

(1) a National Pharmacare program, (2) What a pharmacist can do for NB patients, and (3) What immunization is recommended for persons over 50.

The National Pharmacare Program is not a new idea. An advisory council has been working on this (since 2015) seeking the best way forward.

NB pharmacists can write some prescriptions, can do consultation and some injections.

Our immune system weakens with age; we should get the flu shot every year and check into others we personally may benefit from receiving.

-Eleanor McCloskey



*Caitlin Doyle, December 11th 2019*

### Caitlin Doyle-Physical Activity and Aging: Sit Less and Move More

Caitlin is an energetic and enthusiastic presenter. She began by telling us the difference between **physical activity** (moving our body) and **exercise** (planned, structured, repetitive and intentional movement). She shared some ways we can help ourselves age better, work on better balance, and keep our heart rate up. She suggested we walk – and vary our speed during a walk. Bone-strengthening squats can be helpful. Our sedentary behavior should be interrupted by getting up and moving around every 20 minutes or so.

-Eleanor McCloskey

## **Brown Bag Lunch with Research Associates**

*Dr. Linda Caissie and Dr. Deborah van den Hoonard, January 14th 2020*



We were fortunate to have our new Research Associates host a Brown Bag Lunch on Tuesday January 14th 2020. Dr. Linda Caissie and Dr. Deborah van den Hoonard were joined by others at Brian Mulroney Hall at St. Thomas University. They shared their current findings on Baby Boomer women in retirement, and are looking for more participants. Please get in touch with Linda Caissie at [caissiel@stu.ca](mailto:caissiel@stu.ca) should you wish to participate.

-Kaely Scott

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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.