

# Schedule of Events

Sunday, April 28

11am

## Fashion Show and Sale by Marlene Marco

Independent Stylist, Nygard Style Direct

Marlene Marco, Independent Stylist with Nygard Style Direct will show you the magic of separates! Sifting through the trends, the importance of fit, and your personal style, Marlene will show how to create a wardrobe that works for you without breaking the bank. Travelling? Living in a small space? 9 easy pieces, carefully chosen, create over 20 looks - now that fits!!

<https://marlene.nygardstyle.com>

12pm

## Karen Porter-Hollistic Health & Return to Food Coach Cooking Demo

Join Karen where she'll be talking to us about how we can get more energy, feel vibrant, and maintain a healthy weight. As we get older it's even more important to look at our food and lifestyle in order to feel our absolute best at any age. Not only will she be sharing her food expertise, she will also be doing a food demonstration that you'll be able to sample from! Karen loves to guide others through her Wellness Retreats, Cooking Workshops, and one-on-one Consulting. She'll also come out to your home to cook a healthy meal and share her knowledge.

[www.karenporter.ca](http://www.karenporter.ca)

1pm

## Jana Bartley RN, BScN, MBA, LNC

Jana has been a Registered Nurse for 27 years witnessing the gaps and challenges of our healthcare system. Today she is a health care navigator and patient advocate for health care consumers who are feeling scared, frustrated and overwhelmed.

Join Jana as she discusses ways for you to be more empowered and engaged in your health care journey.

[www.integrityhealthcare.ca](http://www.integrityhealthcare.ca)

2pm

## Traveling with Lakeshore Tours

Join Jim and Marilyn from Lakeshore Tours and Travel for their 2019/2020 tour highlights. See all the destinations to fill your travel calendar for the coming year ahead.

[www.lakeshoretours.ca](http://www.lakeshoretours.ca)

3pm

## Conquering Clutter As We Age

Will your home suit your lifestyle as you age? To age in place means the capacity for any individual to safely, independently, and comfortably live in their own home. Professional Organizers Kim and Sandra of Organizing Lives will share organizing hints, tips and products to help you prepare your home to continue living an independent lifestyle that doesn't require you changing your address.

[www.organizinglives.com](http://www.organizinglives.com)

4pm

## Indoor Plants with Master Gardener Elaine Davidson

The who, what, why and when of indoor house plants. What to get. Where to put them. Why to have them and when and how to care for them. All that you need to know to have a house full plants that grow and thrive.

[www.durhammastergardeners.ca](http://www.durhammastergardeners.ca)

Monday, April 29

11am

## Turning Your Passion into a Business Post Retirement

### With Community Innovation Lab's CEO and Founder, Pramilla Ramdahani

If you're like the average Canadian who has worked for 35-40 years, you know the trick of the trade. But at the age of retirement, what do you do with all the skills, knowledge and connections you've accumulated over a life span of 40 years? How do you continue to remain active and relevant in a rapidly changing environment? What if you can turn that lifelong passion that has been sitting on the backburner for years into a new reality? Enter phase 2 - test drive an entrepreneurial journey and learn about how you can pursue your passion through entrepreneurship after years of employment and the support systems that are now in place to help you.

[www.communitylab.ca](http://www.communitylab.ca)

12pm

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<https://marlene.nygardstyle.com>

2pm

## Discover Antarctica With Lakeshore Tours and Travel

Ready for the adventure of a lifetime? Join us to learn about a voyage of discovery to our planet's last frontier - a mysterious and virtually pristine paradise on an ice-strengthened expedition ship that is ideally suited to cruising this icy wilderness, with an expert staff on hand to ensure you'll fully appreciate all the majesty you will encounter. Prepare yourself for an adventure like no other - more like a private expedition than a traditional cruise.

[www.lakeshoretours.ca](http://www.lakeshoretours.ca)

3pm

## Spring Planter Demo and Draw

With the Durham Master Gardeners Watch while we create a spring time planter that can go right outside. While creating the planter, we will discuss the key ingredients for successfully gardening in containers. The topics covered include containers, the right soil, and how to select the right plants based on colour, texture, scale and shape.

[www.durhammastergardeners.ca](http://www.durhammastergardeners.ca)