

Legislation Text

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2017 ONTARIO ADULT CENTRES ASSOCIATION OF ONTARIO (OACAO) DEBRIEF

J. Youell-Robson provided a summary concerning her attendance at the 2017 Ontario Adult Centres Association of Ontario (OACAO) Conference and noted that the Conference provided an opportunity to network, to connect with peers and organizations, and education.

Ms. Youell-Robson advised she attended the following workshops and a session with a key-note speaker:

- a) Art Therapy - art used to change and enhance the lives of seniors while providing creativity in expression and their inner self in a safe environment;
- b) Mind Busters and Ageless Grace - to challenge minds to a variety of brain experiences, short term and long term memory through flash cards, mazes, awareness activities and chair exercises to different types of music to work the left and right sides of your brain; and
- c) Key Note Speaker - "Reaching the Heights" by Alan Mallory concerning his families experiences of planning and climbing Mount Everest.