



JULY 2024

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				


10 **Move Well, Feel Better!** 
Workshops/Mind & Body Caprice Boisvert & Esther Cieri
 10 a.m. - 12 p.m. Learn the Alexander Technique (AT), a skill that helps you change how you think about how you move. AT teaches you new ways to move economically and return to the activities you used to do,


12 **Consumer Reports Database** 
Lectures/Information Literacy Emily Kim
 12 - 3 p.m. Learn how to navigate and access Consumer Reports online. Get ratings and reviews for 9000+ products and services like appliances, electronics, home and garden tools, and more!

14 **Legacy Planning** 
Workshops/Mind & Body Kayla Moryoussef
 3 - 4 p.m. This workshop gets you thinking beyond financial matters, but also documenting various aspects of how you want to be remembered and what you want to pass on to future generations.


14 **String Trio** 
Events/Concert Canadian Sinfonietta
 2 - 3 p.m. Enjoy a performance by a trio of musicians from the Canadian Sinfonietta, a chamber orchestra and musical organization based in the GTA that was founded in 1985.

17 **Karaoke Night** 
Special Events/Dance Loïse Perruchoud
 7 - 8 p.m. Get ready to groove to the golden oldies at our karaoke event with DJ l'onyx! Take a nostalgic journey down memory lane from classic hits of the 1950s to the energizing songs of the 1970s.

19 **Ice Cream Social** 
Events/Team Kimel Family Centre Staff
 2 - 3 p.m. Beat the heat with a treat! Join the team for some ice cream and conversation.

24 **Ten Healthy Habits of Financial Management** 
Lectures/Financial Literacy Stan Swartz
 1 - 2 p.m. Expand your financial literacy by learning how to self-asses your level of financial fitness and develop milestones to achieve your financial goals.

28 **Quality of Life Planning** 
Workshops/Mind & Body Kayla Moryoussef
 3 - 4 p.m. This workshop is your guide to living well and planning along the way. Quality of life planning helps you to live a happy, fulfilling life by ensuring your end-of-life plans are taken care of.

31 **The Rise of China** 
Lectures/Political Science Dr. Victor Falkenheim
 2 - 4 p.m. Join us as we explore the significance of China's re-emergence as a great power.