



Media Release
Thursday, June 4, 2020

Better Living Month for Seniors Week 2 Workshops

Throughout June, the Town of LaSalle and Life After Fifty have partnered to host "Better Living Month (at Home), Aging Stronger Together". This virtual event encourages those in the community age 50+ to explore their passions and discover new ones through fun and educational workshops.

The workshops scheduled the second week of June include:

Monday, June 8: Historical Storytelling

Rebellion on the River as told by Seamus Gunn: Often overlooked in our local history, the Upper Canada Rebellion of 1837-1838 would have a direct effect on Essex County. An enemy naval bombardment, multiple invasions over the border and the imposition of martial law were all parts of a story that would change the future of the county and the nation!

Wednesday, June 10: Let's Write Poetry

Always dreamed of becoming a poet? Learn about the craft of writing poetry through fun and interesting exercises and activities specifically designed with that task in mind.

Friday, June 12: Begin Your Family History Journey

Learn the basics of using online resources for your family history research. This will allow you to create a simple family tree of three to four generations in a short time.

All of the sessions are free. They will take place from 9:00 am to 9:45 am on Monday, Wednesday and Friday throughout the month of June. The full schedule of workshops is available at www.lasalle.ca/seniors

Participants must register in advance online at www.lasalle.ca/register or by calling 519-969-7771, ext. 0. Login information for the sessions will be provided at the time of registration. Participants register for "Better Living", and then can take one or as many workshops as they choose. Thank you to Pathway to Potential and The New Horizons for Seniors Program for supporting "Better Living Month".

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