

ACES – Horizon FREE Workshops Schedule

August, September & October 2021

<p>Thurs Aug 12th, 2021: The Retirement Hustle A Instructor: Patti Chrabaszcz, CPA Time: 1 pm to 4 pm Zoom Link: Complete</p>	<p>Thurs Aug 19th, 2021: Managing Retirement Income B Instructor: Patti Chrabaszcz Time: 1 pm to 4 pm Zoom Link: Complete</p>	<p>Tues Sept 14th, 2021: The Retirement Hustle A Instructor: Patti Chrabaszcz, CPA Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/84408836661?pwd=TFNNYXdkbnhrYXdqeWxDb1dmWkl0UT09 Meeting ID: 844 0883 6661 Passcode: 776230</p>	<p>Thurs Sept 16th, 2021: Managing Retirement Income Instructor: Patti Chrabaszcz, CPA Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/84408836661?pwd=TFNNYXdkbnhrYXdqeWxDb1dmWkl0UT09 Meeting ID: 844 0883 6661 Passcode: 776230</p>	<p>Wed Sept 22nd, 2021: Gentle Yoga & Eccentrics Instructor: Karen Deimert Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/84957406319?pwd=U2o5RnIcU3NpYkF5bFdEV05lcDF6QT09 Meeting ID: 849 5740 6319 Passcode: 988151</p>	<p>Wed Sept 29th, 2021: End of / Celebration of Life Instructor: Bonnie Hoffman Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/8181159342?pwd=VHRuRWRiR2xZZDRsOFpVZkh5NIR0UT09 Meeting ID: 818 1115 9342 Passcode: 563838</p>
<p>Fri Oct 1st, 2021: The Retirement Hustle A Instructor: Patti Chrabaszcz, CPA Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/84408836661?pwd=TFNNYXdkbnhrYXdqeWxDb1dmWkl0UT09 Meeting ID: 844 0883 6661 Passcode: 776230</p>	<p>Wed Oct 6th, 2021: Financial Legacy Instructor: Melanie Cheek Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/86590679884?pwd=OWwxUDJnbUxoSTRjOWY0dGZ5bHJyQT09 Meeting ID: 865 9067 9884 Passcode: 640816</p>	<p>Fri Oct 8th, 2021: Managing Retirement Income B Instructor: Patti Chrabaszcz Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/84408836661?pwd=TFNNYXdkbnhrYXdqeWxDb1dmWkl0UT09 Meeting ID: 844 0883 6661 Passcode: 776230</p>	<p>Oct 13th, 2021: Financial Legacy Instructor: Melanie Cheek Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/81068001923?pwd=NkE2VENBTWYrTDhCakdUdnZNN9nUT09 Meeting ID: 810 6800 1923 Passcode: 727394</p>	<p>Wed Oct 27th, 2021: End of / Celebration of Life Instructor: Bonnie Hoffman Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/83017172728?pwd=cS9wWDNoYVNWU1pjBzZESkp4STRvdz09 Meeting ID: 830 1717 2728 Passcode: 427052</p>	<p>Wed Oct 28th, 2021: Travel Adventure & Planning Instructor: Mary Webber Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/88967911787?pwd=U0VrakhRMFV6TWZmTDU4NFFqM0Z6QT09 Meeting ID: 889 6791 1787 Passcode: 167503</p>

November & December 2021

<p>Thurs Nov 18th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/82873191535?pwd=MmhZLzhwdTBRdDh2OTVtdS81WUprQT09 Meeting ID: 828 7319 1535 Passcode: 277878</p>	<p>Tues Nov 23rd, 2021: Travel Adventure & Planning Instructor: Mary Webber Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/89413039549?pwd=MVZMdiEzSTNtTndZRM0wRFdGeXB1dz09 Meeting ID: 894 1303 9549 Passcode: 269169</p>	<p>Thurs Nov 25th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/89739425877?pwd=d0t4VTFvanNHZUZ0S050OHRTRXl1Zz09 Meeting ID: 897 3942 5877 Passcode: 115733</p>	<p>Mon Nov 29th, 2021: Let's Get Moving- Fitness Instructor: Adonica Albert Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/86453879635?pwd=SWtob2JDMnFoOFNZTTdkWEwrWklhQT09 Meeting ID: 864 5387 9635 Passcode: 790159</p>	<p>Tues Dec 7th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/87595031274?pwd=ekNHeDVZVnU0UHMriZi9iYtFdnRFDz09 Meeting ID: 875 9503 1274 Passcode: 538334</p>	<p>Fri Dec 10th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/89425870607?pwd=QTBcaER5TUNGvW16VIRHNUJrZlJrdz09 Meeting ID: 894 2587 0607 Passcode: 928614</p>
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Comments: All of the educational and social workshops will be offered **FREE OF CHARGE** to any and all interested individuals, especially seniors. ACES provides information, knowledge and skills enhancement. All seniors invited. This New Horizon grant workshop series runs from September 2021 to February 2022, brought to you by **SERVICE CANADA** and presented by **ACES** non-profit..

ACES Contact information:

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ACES – Horizon FREE Workshops Schedule

January & February 2022

<p>Tues Jan 11th, 2021: Learn Basic Photography Instructor: Irene Lay Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/84099419024?pwd=a25jczhGeFFKQ0F3N2lzQUxiaGJQZz09 Meeting ID: 840 9941 9024 Passcode: 039958</p>	<p>Fri Jan 14th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/81823473188?pwd=aEVZkNncndWc3crSmVxc1RiYmQrZz09 Meeting ID: 818 2347 3188 Passcode: 849692</p>	<p>Mon Jan 17th 2021: Preserving Photo Collection Instructor: Karen Murdock Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/84617628528?pwd=N1U4SEniWXFnWGO3TE1wQ2xwdk5MzZ09 Meeting ID: 846 1762 8528 Passcode: 544942</p>	<p>Thurs Jan 27th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/89603101882?pwd=c0xvZFhTWdDkdmx5VE1NbXpkZlQxdz09 Meeting ID: 896 0310 1882 Passcode: 441208</p>	<p>Mon Feb 7th, 2021: Preserving Photo Collection Instructor: Karen Murdock Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/84733418839?pwd=ZUh5aGFGRHpwMzhrRnhhTjh3MXdNQOT09 Meeting ID: 847 3341 8839 Passcode: 452558</p>	<p>Fri Feb 11th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/89745116149?pwd=WlFCdEtwUUtFRk1hVVMURiSk5uZz09 Meeting ID: 897 4511 6149 Passcode: 331112</p>
<p>Thurs Feb 17th, 2021: Learn Basic Photography Instructor: Irene Lay Time: 1 pm to 4 pm Zoom Link: https://us02web.zoom.us/j/81621980543?pwd=Q3FwWW0zQ3Nlc1c5UldWNSt1L3JlZz09 Meeting ID: 816 2198 0543 Passcode: 699810</p>	<p>Thurs Feb 24th, 2021: Gov. Senior Programs & Grants Instructor: Mirande Alexandre Time: 9 am to 12 Noon Zoom Link: https://us02web.zoom.us/j/88079687500?pwd=bmVseVJmQ2xyQ254SFg2RUxkY2FBUT09 Meeting ID: 880 7968 7500 Passcode: 243970</p>	<p>Date TBA: Affordable Brand Fashion Advantage / Consignment Instructor: Glenda Polak Time: TBA</p>	<p>Comments:</p>		

Introduction of ACES Professional Instructors:

- The Retirement Hustle & Managing Retirement Income with Instructor: Patti Chrabaszcz, CPA, CA.** Learn about working after retirement, self employed activities, GST considerations, OAS claw backs, thresholds, RRSP withdrawals, timing conversion to RIF, considerations about continuing to work, budgeting & website resources from Canada.ca
- Gentle Yoga & Essentrics with Instructor: Karen Deimert.** Learn what is Essentrics, age backwards, why movement is important, mobility vs strength & endurance, breath work, Essentrics & gentle Yoga
- End of Life & Celebration of Life with Instructor: Bonnie Hoffman licensed Funeral Director-Pine Box Funerals.** Learn all about death, dying and educating oneself on the huge shifts in attitudes and interest. Get educated and learn realistic planning strategies. Discover the reality of our mortality. Learn how Celebration of Life honors the deceased and comforts the living to help families heal and so much more.
- Financial Legacy with Instructor: Melanie Cheek, EPC, Financial.** Learn how to leave your mark on the world with the following tools: Use Life Insurance as a tax sheltering tool, and tax advantaged wealth strategies with (RESP's, segregated Funds, TFSA's) and so much more.
- Travel Planning & inspirations with Travel Guru Girl expert. Instructor: Mary Webber.** Learn about the current travel situation for Canadians, travel insurance, solo travellers, why tour, popular destinations, why use a travel professional vs URL, travel packing tips, all inclusive, ocean cruises, why women travel, how to plan your trip, what kind of traveler are you? small group journey's, river cruises and so much more!
- Get Moving it's that simple, fitness with Instructor: Adonica Albert-Personal Trainer.** Learn how to get going, how to get started, simple exercises at home, importance of moving, different ways to move.
- How to Master your Camera/basic photography with Instructor: Irene Lay Photography.** Learn camera fundamentals, lighting, natural, flash, constant light, composition, saving images, editing, backups & more.
- Creating a Treasured Photo Collection/preserving photos, with Instructor: Karen Murdock.** Learn the importance of family culture & history in photo preservation, improve awareness of the tools used in creating & managing historical or multi-generational photo collections, manage printed photos & other media, manage digital photos & formats, hardware, software, materials & resources and so much more.
- Government Programs & Grants available to Seniors, with Instructor Mirande Alexandre, Connecting 360.** Learn Canada Summer Jobs Grant program, Disability Benefits Group, Federal Gov Rebates for Window Replacement, Alberta Energy Rebates for Windows, Gov Rebates for New Heating & Cooling Systems, Senior Well Being Grant, Guaranteed Income Supplement (GIS), Old Age Security, Seniors Home Adaptation & Repair Program (SHARP), Alberta Senior Benefit, Seniors Health Benefits, Death Benefit, Seniors Property Tax Deferral Program, Special Needs Assistance for Seniors, Canada Pension Plan Disability Benefits Overview, New Horizons for Seniors Program & Canada-Alberta Job Grant
- Affordable Name Brand Fashion Advantage, Shopping & Choosing Consignment with Retail Therapist Instructor: Glenda Polak.** Learn the innovative style program "The Business of Empowered Dressing", everything you always wanted to know about fashion, fabrics, colors, personal style, image, consignment advantage and more!



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