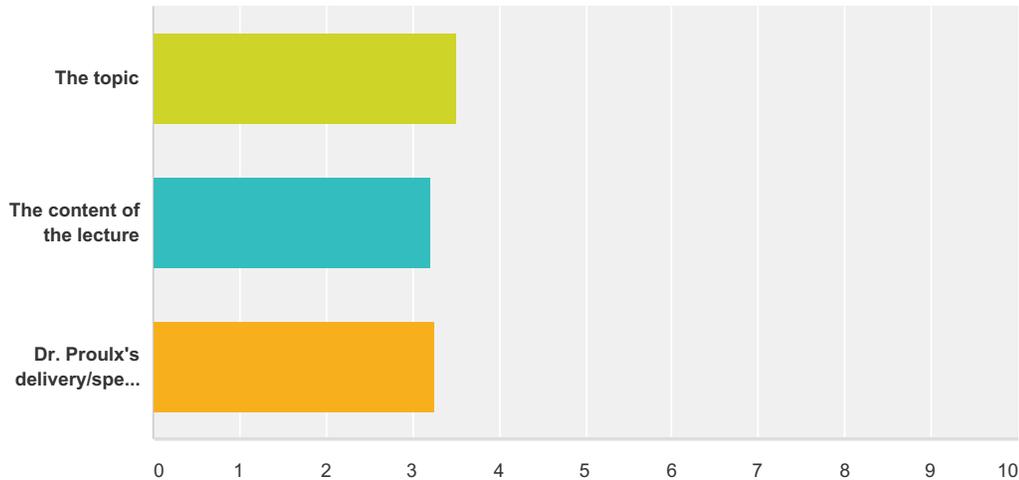


**Q1 With regards to the lecture "The Brain, Longevity and Health Span", presented by Dr. Guy Proulx, please identify your level of satisfaction with the following:**

Answered: 111 Skipped: 1



|                                      | Very dissatisfied | Somewhat dissatisfied | Neutral    | Somewhat satisfied | Very satisfied | Total | Weighted Average |
|--------------------------------------|-------------------|-----------------------|------------|--------------------|----------------|-------|------------------|
| The topic                            | 4.59%<br>5        | 5.50%<br>6            | 5.50%<br>6 | 20.18%<br>22       | 64.22%<br>70   | 109   | 3.50             |
| The content of the lecture           | 7.27%<br>8        | 8.18%<br>9            | 8.18%<br>9 | 31.82%<br>35       | 44.55%<br>49   | 110   | 3.22             |
| Dr. Proulx's delivery/speaking style | 7.55%<br>8        | 9.43%<br>10           | 7.55%<br>8 | 26.42%<br>28       | 49.06%<br>52   | 106   | 3.25             |

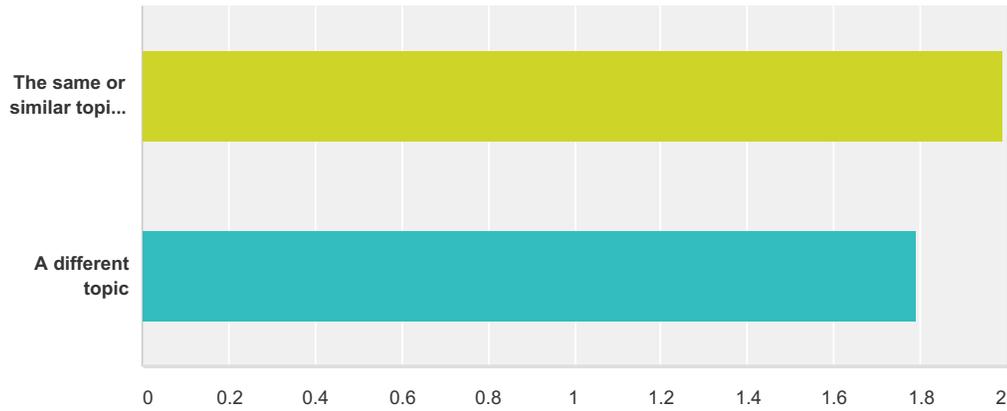
| #  | Comments (please specify)  | Date              |
|----|--|-------------------|
| 1  | He was very engaging, but a little absent- minded... but easy to overlook because he was interesting.  | 5/9/2017 10:15 AM |
| 2  | Once again, looking for what to do to improve and less on the statistics behind the research.  | 5/8/2017 4:42 PM  |
| 3  | Quite an enjoyable lecture style. I was able to follow. I enjoyed his humour and French quips. I took away key learnings and would definitely listen to his lecture again. | 5/8/2017 1:35 AM  |
| 4  | Interesting. A lot of info. in one session.  | 5/8/2017 1:19 AM  |
| 5  | It was nice to have a presentation by a speaker who was clearly so enthusiastic about his subject matter and still so interested in innovation in his field.               | 5/7/2017 4:32 PM  |
| 6  | Dr. Proulx spoke to one side of the audience, only. He rambled & didn't add anything new to the content of the first lecture at Thornhill Lifelong Learning                | 5/7/2017 12:11 PM |
| 7  | Loved the topic with lots of studies dinr  | 5/6/2017 2:27 PM  |
| 8  | A bit too technical at times but he did his best in trying to explain concepts. Really enjoyed his style and his info.   | 5/6/2017 8:15 AM  |
| 9  | Can we get a copy of the slide presentation?   | 5/6/2017 6:27 AM  |
| 10 | He was very animated and delightful but I'm not sure how clearly he expressed his ideas and what his objective was.  | 5/6/2017 5:40 AM  |
| 11 | I had heard him give almost the same lecture through Third Age Learning Series in Aurora. He is excellent and I enjoyed hearing him again.                                 | 5/6/2017 5:02 AM  |

|    |   |                   |
|----|---|-------------------|
| 12 | Switching from French to zRnglosh was somewhat confusing.   | 5/6/2017 4:41 AM  |
| 13 | Excellent topic and enjoyed content. However it was very technical with lots of graphs and Dr Proulx spoke quickly and it was difficult to catch everything he said.  | 5/6/2017 3:40 AM  |
| 14 | He did not explain how to deal with people who have illnesses that affect the brain until someone asked the question. It should have been part of his lecture. It was boring. Most people know smoking and eating the wrong foods do harm. He promoted himself.     | 5/6/2017 2:34 AM  |
| 15 | I was surprised to hear from only two friends that they were bored at times, or that Guy was a bit scattered. I thought he was a wonderful speaker, held my attention throughout and was a very entertaining and knowledgeable (of course) speaker.                 | 5/6/2017 1:44 AM  |
| 16 | I think the committee made a big mistake. The speaker should've been allowed to speak about Alzheimer's which is his expertise. That's with the audience wanted to hear about and he had to skirt around and discuss other things. It negatively impacted his talk. | 5/6/2017 1:24 AM  |
| 17 | talks very fast so sometimes difficult to absorb what he is saying.   | 5/6/2017 12:06 AM |
| 18 | Engaging, informative   | 5/5/2017 11:34 PM |
| 19 | Spoke to quickly .....  | 5/5/2017 1:47 PM  |
| 20 | A lot of information...what does it mean in our daily lives?  | 5/5/2017 1:45 PM  |
| 21 | Spoke quite quickly - seemed rushed to get through the material   | 5/5/2017 11:26 AM |
| 22 | He was engaging and fun   | 5/5/2017 10:18 AM |
| 23 | I believe that we asked him to talk about too many things. In the future, I think we should have a series where someone as knowledgeable and passionate as Dr. Proulx would have a chance to give an overview, and then address each topic in more depth.           | 5/5/2017 10:06 AM |
| 24 | I enjoyed the delivery of the topic but found that Dr Proulx kept turning his face to one side and speaking more to that side of the room making certain statements inaudible.  | 5/5/2017 10:05 AM |
| 25 | Aging, boomers, longevity - these topics are becoming overdone. There is so much in the media.  | 5/5/2017 9:54 AM  |
| 26 | The lecture was too long  | 5/5/2017 9:47 AM  |
| 27 | Would have liked further explanation about the stats  | 5/5/2017 9:37 AM  |
| 28 | He was jumping from topic to topic. Too academic.   | 5/5/2017 9:36 AM  |
| 29 | It would have been more interesting if he had spoken more about memory.   | 5/5/2017 9:22 AM  |
| 30 | Again, lots of time spent on statistics rather than helpful suggestions and personally relevant information. Disappointing.   | 5/5/2017 9:21 AM  |
| 31 | i have heard him speak at the glendon lecture series last year, so i was quite familiar with his style and found it easy to follow.   | 5/5/2017 9:04 AM  |
| 32 | I felt that many of Dr. Proulx's statistical charts were sorely out of date, some dating back to 2004. I would have liked to hear about more current information regarding aging and the brain.   | 5/5/2017 8:35 AM  |
| 33 | Very interesting topic. I enjoyed his speaking style. For one hour.   | 5/5/2017 8:16 AM  |
| 34 | A lotta lotta info for the time frame given.. Very personable and entertaining but I felt squeezed too much into the time frame.. Maybe could have been done as a two week lecture..  | 5/5/2017 7:39 AM  |
| 35 | He was very animated and spoke so quickly I didn't always know what he was saying.  | 5/5/2017 7:37 AM  |
| 36 | Unfortunately, although the subject of the brain can be extremely interesting, i didnt find the lecture so. Although Dr. Proulx is a 'character', i didnt really like his method of imparting the info.k  | 5/5/2017 7:36 AM  |
| 37 | Very enjoyable to listen to a speaker so passionate about his work.   | 5/5/2017 7:36 AM  |
| 38 | Content was too technical. Would of liked some more defined information e.g. when one should be concerned about memory loss.  | 5/5/2017 7:29 AM  |
| 39 | He was an engaging speaker who was an expert on the topic but it was too much information to absorb in such a short time.   | 5/5/2017 7:15 AM  |
| 40 | A very enjoyable/entertaining/uplifting presentation on a sometimes scary topic.  | 5/5/2017 7:04 AM  |

|    |   |                  |
|----|---|------------------|
| 41 | If I could give higher marks I would ! Cudos to Dr. Proulx, THE most engaging, captivating and entertaining speaker I have heard in years.  | 5/5/2017 7:01 AM |
| 42 | Very informative, insightful, as well as entertaining. Thought-provoking.   | 5/5/2017 7:00 AM |
| 43 | a bit too technical   | 5/5/2017 6:36 AM |
| 44 | I often found it difficult to follow his train of thought - he was entertaining but I didnt always understand his point.  | 5/5/2017 6:30 AM |
| 45 | I found the speaker to be all over the place. He had trouble getting to the point. He digressed. He tried to cover too much material. His slides were not as effective and cohesive as they could have been. It would have been nice if he got into more of the latest findings ie most people know that activity and diet play a role in longevity.  | 5/5/2017 6:27 AM |
| 46 | I could feel his passion in his delivery of his subject!  | 5/5/2017 6:19 AM |
| 47 | I could not attend this lecture   | 5/5/2017 6:18 AM |
| 48 | He was a comfortable and humerus speaker.   | 5/5/2017 6:14 AM |
| 49 | spoke plainly and explained portions that needed further understanding - he is not a 'dry' speaker which can be boring - encouraged audience participation - left the patrons entertaining a positive note on aging and it's potential with new discoveries   | 5/5/2017 6:13 AM |
| 50 | I enjoyed the lecture and Dr Proulx's animated enthusiastic style of speech.  | 5/5/2017 6:05 AM |
| 51 | Disjointed, sometimes too technical, Sometimes it seemed he forgot what he was going to say.  | 5/5/2017 6:03 AM |
| 52 | Spoke a little too quickly for me and was in front of the screen so it was difficult to see and therefore follow. What a knowledgeable expert! I would have liked to hear more about the topic that he actually specializes in, the stuff that he was asked not to speak about.   | 5/5/2017 6:01 AM |
| 53 | Sadly this lecture was very poor. I did not learn anything new. He repeated several times that an increase in lifespan was likely for those who dont smoke, take exercise, and dont drink or do drugs. This is not rocket science! Everyone knows that! Also he repeatedly made asides to someone on his right. I have no idea who that was or what he was saying I hope the last 2 are much better | 5/5/2017 5:38 AM |
| 54 | Spoke too fast. Jumped around a bit, found the info rather boring. I took away a lot of info from the first lecture on Baby Boomers, but didn't really take away anything from Dr. Proulx.  | 5/5/2017 5:33 AM |
| 55 | I found that early in the lecture he took a long time to make a point, and didn't give enough depth. Then, he rushed through the latter part of his lecture, probably because he realized he was running out of time. I found his presentation skills to be inconsistent. Sometimes he was wonderful to listen to, sometimes he was hard to listen to, and a bit dull.                              | 5/5/2017 5:17 AM |
| 56 | He is obviously passionate about this and entertaining to watch, especially with the injection of French, his first language! (I think)   | 5/5/2017 5:14 AM |
| 57 | Speech directed to only one part of the audience, mostly the organizers. Delivery seemed somewhat erratic.  | 5/5/2017 5:11 AM |
| 58 | Very good   | 5/5/2017 5:08 AM |
| 59 | Information was too statistical and together with a poor delivery and presentation style made for a disappointing lecture.  | 5/5/2017 5:08 AM |

## Q2 Would you be interested in hearing Dr. Proulx speak again in the future on:

Answered: 111 Skipped: 1



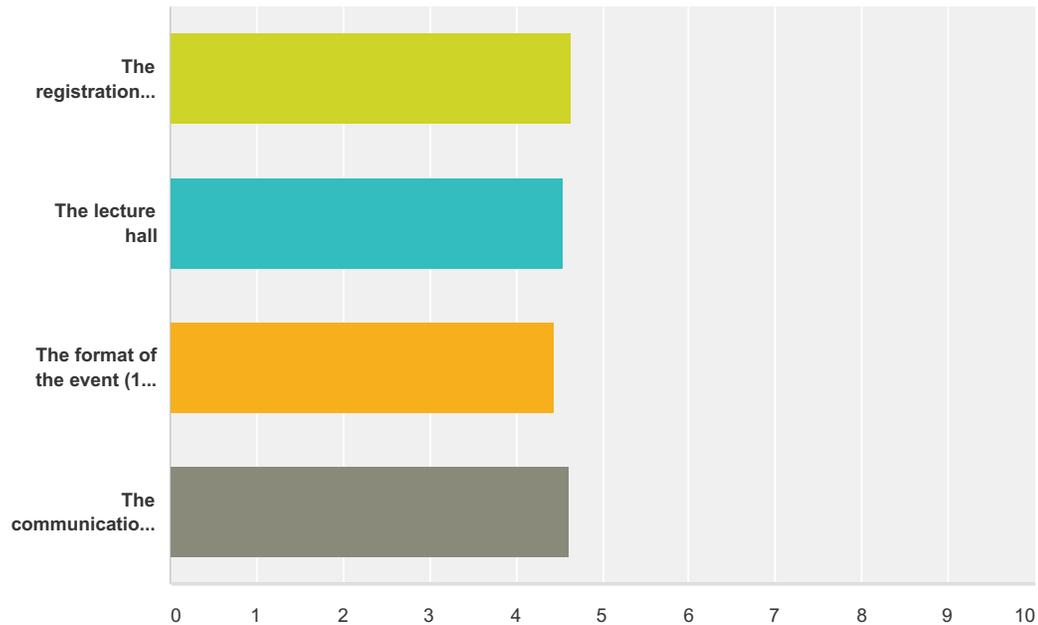
|   | Definitely   | Possibly     | No thanks    | Total | Weighted Average |
|---|--------------|--------------|--------------|-------|------------------|
| The same or similar topic in more depth | 36.27%<br>37 | 28.43%<br>29 | 35.29%<br>36 | 102   | 1.99             |
| A different topic                       | 40.00%<br>38 | 41.05%<br>39 | 18.95%<br>18 | 95    | 1.79             |

| #  | Comments  | Date              |
|----|---|-------------------|
| 1  | Loved the topic!!   | 5/9/2017 10:15 AM |
| 2  | I didn't enjoy his delivery style nor his content. This seems to be his area of expertise.  | 5/7/2017 12:11 PM |
| 3  | Huge topic and he knows so much....lets tap into that.  | 5/6/2017 8:15 AM  |
| 4  | A focused talk on improving memory/ brain functioning   | 5/6/2017 4:41 AM  |
| 5  | Allow him to speak to his expertise.  | 5/6/2017 1:24 AM  |
| 6  | Too intense .....expected more detail on .....what we as seniors could do to assist the brain & perhaps slow the deterioration.....other than exercise/food | 5/5/2017 1:47 PM  |
| 7  | He is an energetic and enthusiastic speaker.  | 5/5/2017 10:06 AM |
| 8  | Similar topics but more in depth.   | 5/5/2017 10:05 AM |
| 9  | taking the info he presented and telling us the 'so whats'  | 5/5/2017 9:37 AM  |
| 10 | more anecdotes, maybe less technical stuff , people were more interested in talking about how best to communicate with dementia parents etc.                | 5/5/2017 9:04 AM  |
| 11 | I would enjoy another hour long presentation. I don't think I would enjoy an entire series.   | 5/5/2017 8:16 AM  |
| 12 | Dr Proulx is a brilliant presenter! Would be thrilled to listen to him speak on almost any topic .  | 5/5/2017 7:01 AM  |
| 13 | Next steps for those of us who are aging.   | 5/5/2017 7:00 AM  |
| 14 | Both. He was very knowledgeable and enthusiastic.   | 5/5/2017 6:31 AM  |
| 15 | see above   | 5/5/2017 6:30 AM  |
| 16 | Energetic, knowledgeable but too much material in a superficial way   | 5/5/2017 6:27 AM  |
| 17 | He is an expert in the subject matter present   | 5/5/2017 6:25 AM  |
| 18 | Maybe more on the "how to prevent".   | 5/5/2017 6:19 AM  |
| 19 | perhaps he could enlighten us on another significant topic in which he is versed  | 5/5/2017 6:13 AM  |
| 20 | A more in-depth lecture of dementia and how to deal with it.  | 5/5/2017 6:05 AM  |
| 21 | thoughts on repercussions of extended life on the individual and society  | 5/5/2017 5:52 AM  |

**Q3 Regarding the organization of the event,**

**please identify your level of satisfaction with the following:**

Answered: 112 Skipped: 0



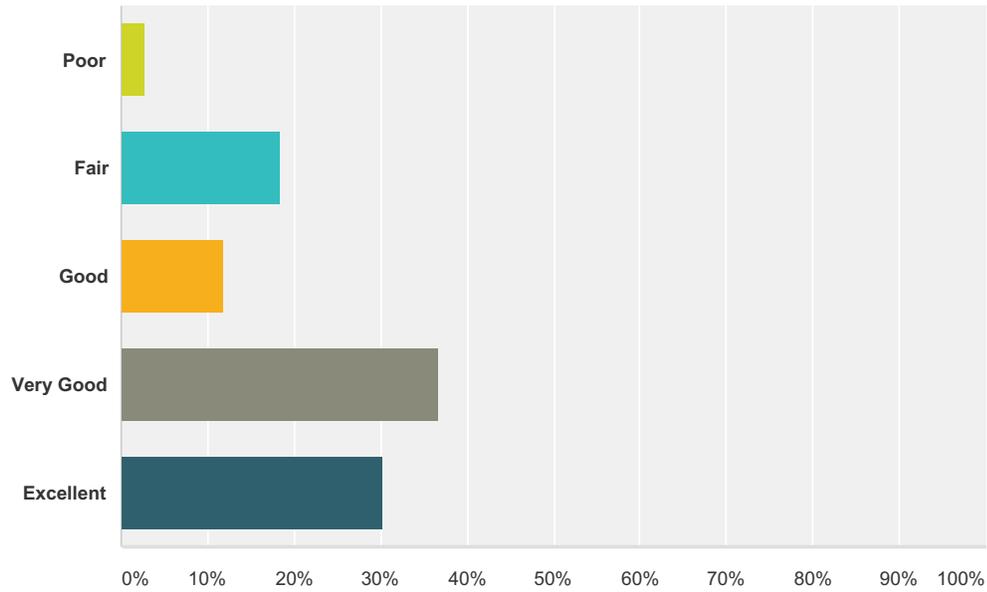
|  | Very dissatisfied | Somewhat dissatisfied | Neutral    | Somewhat satisfied | Very satisfied | Total | Weighted Average |
|--|-------------------|-----------------------|------------|--------------------|----------------|-------|------------------|
| The registration/ticket process  | 7.21%<br>8        | 0.90%<br>1            | 1.80%<br>2 | 1.80%<br>2         | 88.29%<br>98   | 111   | 4.63             |
| The lecture hall   | 7.21%<br>8        | 1.80%<br>2            | 2.70%<br>3 | 5.41%<br>6         | 82.88%<br>92   | 111   | 4.55             |
| The format of the event (1 1/4 hr lecture, 10 minute break, 30 minute Q&A) | 4.50%<br>5        | 2.70%<br>3            | 8.11%<br>9 | 13.51%<br>15       | 71.17%<br>79   | 111   | 4.44             |
| The communication emails to patrons  | 6.36%<br>7        | 0.91%<br>1            | 2.73%<br>3 | 4.55%<br>5         | 85.45%<br>94   | 110   | 4.62             |

| # | Other comments:  | Date             |
|---|--|------------------|
| 1 | I don't feel there is a need for a break. The restrooms are easily accessible. Anyone who knows they will need a short break should sit at the back of the lecture hall.                                 | 5/6/2017 3:24 PM |
| 2 | The timing was not followed 10 min. Intermissions  | 5/6/2017 2:27 PM |
| 3 | Lectures should only be 1 hour in length. hard to focus for longer   | 5/6/2017 8:56 AM |
| 4 | Can we get a copy of the presentation slides for all lectures.   | 5/6/2017 6:27 AM |
| 5 | He went on too long without a focussed objective.  | 5/6/2017 5:40 AM |
| 6 | Excellent  | 5/6/2017 5:02 AM |
| 7 | Talk became somewhat disjointed. Trying to cover too much in short time. Think speakers need to be advised that this is a well educated group of professional women so no need to start with basic info. | 5/6/2017 4:41 AM |
| 8 | I don't think it's necessary to have a 20 minute break and return. Perhaps 10 minutes for a quick stretch and bathroom, more lecture.  | 5/6/2017 3:40 AM |
| 9 | I liked that you changed it to a longer lecture time instead of breaking half way through - as long as the topic and speaker holds our attention, it's probably better this way.                         | 5/6/2017 1:44 AM |

|    |  |                  |
|----|--|------------------|
| 10 | Prefer smaller lecture halls.  | 5/5/2017 1:47 PM |
| 11 | While much better, the sound system still needs attention. The speaker (and the previous speaker) was at times challenging to hear, particularly when not talking directly into the mike. Suggest the volume be increased.   | 5/5/2017 9:54 AM |
| 12 | Room was too cold.   | 5/5/2017 9:28 AM |
| 13 | although suppose to be 10 minute turned out more. more lecture or talking, less minute break and perhaps less q and a time. you lose a lot of people when other individuals are asking questions that they do not perceive as pertaining to them.  | 5/5/2017 9:04 AM |
| 14 | I was surprised that not all the questions put into the basket were asked BEFORE opening the floor for additional questions . . . As requested by the moderator at the break I got up out of my chair and made my way to the table across the room, wrote down two separate questions and placed them in the basket. About 5 or 6 questions were hand picked for Dr, Proulx to answer. Mine were not and I have no problem with that. I have myself facilitated such sessions and I know you have limited time and so you pre-select questions. My problem arose when there was a call for more questions from the floor. If there was time for more questions - please honour the attendees that have gone out of their way to scribe their questions before you take random questions from the floor. It felt disrespectful. Were my questions not worthy? | 5/5/2017 8:32 AM |
| 15 | I thought this format was much better than the first one. Twenty minute break was too long. Thanks for experimenting!  | 5/5/2017 8:16 AM |
| 16 | As with the last lecture I enjoyed the lecture portion way more than the question and answer portion. Many questions are either obvious or not that interesting to everyone.   | 5/5/2017 7:36 AM |
| 17 | 10 minute break not needed....go straight into it while the information is at the forefront of your mind.....write questions out while speaker is speaking...  | 5/5/2017 7:19 AM |
| 18 | I question whether there is a need for a break. Unfortunately, I was not able to remain for Q&A. I.  | 5/5/2017 7:00 AM |
| 19 | still heard to hear still prefer NO BREAK, just go to Q&A  | 5/5/2017 6:36 AM |
| 20 | this is a well run program!  | 5/5/2017 6:30 AM |
| 21 | A reminder email the day before or a couple days before might be helpful.  | 5/5/2017 6:27 AM |
| 22 | your present format works well - people that choose to leave after the lecture can do so during the break - opening up the floor to questions is a good option if the written ones run out and time remains  | 5/5/2017 6:13 AM |
| 23 | It would be great if the 10 minute break were kept to 10 minutes. The break yesterday was still a bit longer than that.  | 5/5/2017 6:06 AM |
| 24 | The seats on the left i.e. south side of the building do not give people a comfortable view of the screen or speaker. Found it frustrating. Even more so this time.  | 5/5/2017 6:01 AM |
| 25 | I appreciated the aisle in the middle rows. Must easier to access seats.   | 5/5/2017 5:11 AM |

### Q4 Overall, I would rate the lecture event on May 4th as:

Answered: 109 Skipped: 3

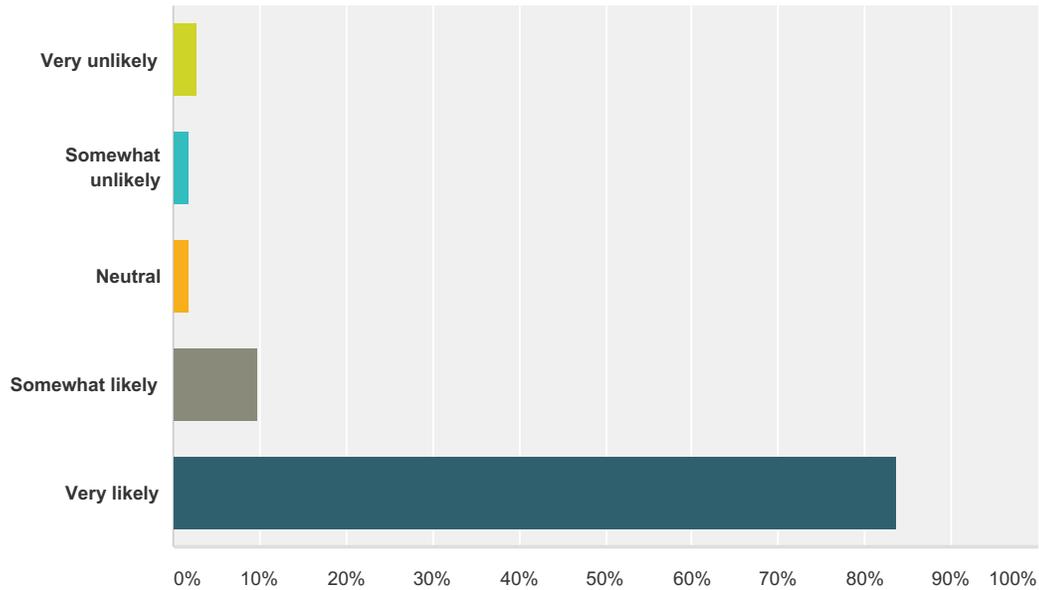


| Answer Choices | Responses  |
|----------------|------------|
| Poor           | 2.75% 3    |
| Fair           | 18.35% 20  |
| Good           | 11.93% 13  |
| Very Good      | 36.70% 40  |
| Excellent      | 30.28% 33  |
| <b>Total</b>   | <b>109</b> |

| #  | Any other comments on the event  | Date              |
|----|--|-------------------|
| 1  | Still a BIT of an issue with the microphone.   | 5/8/2017 4:42 PM  |
| 2  | Dr. Proulx's use of a wireless mike was very good. Everything was clear & audible.                     | 5/7/2017 12:11 PM |
| 3  | On a separate note, I missed the first lecture as I was out of the country but heard it was excellent. | 5/5/2017 1:45 PM  |
| 4  | Very good lecturer. Learnt a lot   | 5/5/2017 1:08 PM  |
| 5  | The topic was very interesting to most of us as we are all aging and have family that is also aging.   | 5/5/2017 10:05 AM |
| 6  | He did not answer questions in the Q and A very well.  | 5/5/2017 9:28 AM  |
| 7  | Thanks again for a very informative afternoon.   | 5/5/2017 7:36 AM  |
| 8  | Too general. Too much stuff about himself and his family. Awkward delivery.                            | 5/5/2017 6:14 AM  |
| 9  | Very enjoyable! I learned a lot.   | 5/5/2017 6:05 AM  |
| 10 | too many charts; more effort with semantics instead of concrete ideas                                  | 5/5/2017 5:14 AM  |

### Q5 How likely would you be to recommend Thornhill Lifelong Learning to friends and family?

Answered: 111 Skipped: 1



| Answer Choices    | Responses |            |
|-------------------|-----------|------------|
| Very unlikely     | 2.70%     | 3          |
| Somewhat unlikely | 1.80%     | 2          |
| Neutral           | 1.80%     | 2          |
| Somewhat likely   | 9.91%     | 11         |
| Very likely       | 83.78%    | 93         |
| <b>Total</b>      |           | <b>111</b> |

### Q6 Please identify 1-2 topics you would you be most interested in learning about.

Answered: 44 Skipped: 68

| # | Responses   | Date              |
|---|---|-------------------|
| 1 | Financial planning and needs to accommodate our future years of living, based on many of us living for many more years.   | 5/8/2017 4:42 PM  |
| 2 | financial   | 5/8/2017 3:49 AM  |
| 3 | Current affairs...especially Israel/Middle East.  | 5/8/2017 1:19 AM  |
| 4 | Russian politics. The future of the European Union. Current changes in Ontario's educational system and how it is affecting the future for our grandchildren, particularly with respect to University entrance. | 5/7/2017 4:32 PM  |
| 5 | 1) The pros, cons & benefits as well as how you go about getting first rate medical marijuana from your doctor.   | 5/7/2017 12:11 PM |
| 6 | Non labelling in GMO PESTICIDESeg day wheat Different studies on health longevity and how to improve  | 5/6/2017 2:27 PM  |
| 7 | Cyber Security and how to protect oneself   | 5/6/2017 6:27 AM  |
| 8 | Technology  | 5/6/2017 5:02 AM  |
| 9 | Open to any current events, health, political and historical topics   | 5/6/2017 3:40 AM  |

|    |  |                   |
|----|--|-------------------|
| 10 | More on aging, as it relates to all of us Alzheimer's - my father is in the later stages at Baycrest Nutrition Financial comfort for us baby boomers - how to make our money last since we are going to live so much longer - we don't want to outlive our money   | 5/6/2017 1:44 AM  |
| 11 | global warming travel to Africa on a safaree   | 5/6/2017 12:06 AM |
| 12 | Impact of artificial intelligence.   | 5/5/2017 2:30 PM  |
| 13 | New advances in space exploration  | 5/5/2017 2:28 PM  |
| 14 | Travel Mental Health Issues  | 5/5/2017 1:45 PM  |
| 15 | China and its growth The EU  | 5/5/2017 1:08 PM  |
| 16 | -Health and aging well -Managing autoimmune issues (eg. Type 1 diabetes or scleroderma, or thyroid issues etc.)  | 5/5/2017 11:56 AM |
| 17 | Am open to just about anything! Would love to learn about other cultures and religions; Buddhism, Hinduism perhaps.  | 5/5/2017 10:06 AM |
| 18 | Feminism. Local history (GTA). Sound and light therapy.  | 5/5/2017 9:54 AM  |
| 19 | I would have to think about that   | 5/5/2017 9:47 AM  |
| 20 | Sexuality in older adults (social psychology). Birth order and how it affects everything we do.  | 5/5/2017 9:22 AM  |
| 21 | architecture of differnt countries, movies and how they relate to our current times.   | 5/5/2017 9:04 AM  |
| 22 | How to financially plan for retirement years.  | 5/5/2017 8:35 AM  |
| 23 | Said it last time - Grey Divorce ... click this link <a href="http://www.cbc.ca/radio/thesundayedition/social-media-bubbles-dyson-on-race-one-child-policy-til-grey-do-us-part-1.3949841/til-grey-do-us-part-the-dramatic-rise-of-grey-divorce-1.3953128">http://www.cbc.ca/radio/thesundayedition/social-media-bubbles-dyson-on-race-one-child-policy-til-grey-do-us-part-1.3949841/til-grey-do-us-part-the-dramatic-rise-of-grey-divorce-1.3953128</a> | 5/5/2017 8:32 AM  |
| 24 | Health, politics   | 5/5/2017 8:20 AM  |
| 25 | Traveling for singles. Real estate. Buying or renting??  | 5/5/2017 7:37 AM  |
| 26 | global events retirement and financial planning  | 5/5/2017 7:19 AM  |
| 27 | Actual brain stimulating activities  | 5/5/2017 7:01 AM  |
| 28 | I liked the variety you had this year. Mor of the same would be wonderful.   | 5/5/2017 6:31 AM  |
| 29 | social justice issues political issues   | 5/5/2017 6:27 AM  |
| 30 | History and the Israel   | 5/5/2017 6:25 AM  |
| 31 | Sleep Exercise.. how much Is enough at what ages   | 5/5/2017 6:19 AM  |
| 32 | Retirement.  | 5/5/2017 6:14 AM  |
| 33 | genetically modified foods vs organic vs common variety - what should we be consuming and why? just how safe is our food chain? can our bodies adjust to the changes in the food chain without getting ill?  | 5/5/2017 6:13 AM  |
| 34 | Health and wellness/mindfulness Time Management/Using time well Purpose - Meaningfulness   | 5/5/2017 6:06 AM  |
| 35 | Effects of our divorces on our grownup children. Handling changes we notice about ourselves and our spouses as we age Effective stress management  | 5/5/2017 6:01 AM  |
| 36 | Women's issues   | 5/5/2017 6:01 AM  |
| 37 | A nutritionist on healthy eating. Eg low fat foods have high sugar and high salt. May be interesting. Can also touch on feeding picky babies as this becomes relevant to this age group. An interesting topic is always "healthy and effective communication " and the importance of this in all relationships. Being a good listener.   | 5/5/2017 5:51 AM  |
| 38 | Health   | 5/5/2017 5:46 AM  |
| 39 | Seniors as caregivers for their very elderly parents. Good advice, cautions and ways to keep both of us healthy  | 5/5/2017 5:38 AM  |
| 40 | 1. Social Media and the Online World of the Future - strengths, weaknesses, threats & opportunities and how it impacts young children 2. The World of Apps: How to benefit, and what to watch out for  | 5/5/2017 5:37 AM  |
| 41 | Women and aging; health and nutrition; health for women.   | 5/5/2017 5:33 AM  |
| 42 | healthy life style tips  | 5/5/2017 5:14 AM  |
| 43 | Music. Art   | 5/5/2017 5:11 AM  |
| 44 | Trump, Trudeau,politics Where are we headed An objective viewpoint   | 5/5/2017 4:57 AM  |