

Zoom Meeting, Friday December 12, 2025

11:15 am to 1:00 pm

11:15 am to 11:45am • Dancing with Parkinson's • by Claire Wootten

12:00 noon to 1:00pm • The Importance of Your Doctor's Visit • by Dr Shahana Alibhai, MD

Cost: No Charge

- **Deadline to register: Wednesday, December 10, 2025 (or earlier if we reach our Zoom Meeting capacity).**
- Claire Wootten of [Dancing with Parkinson's](#) will talk about the benefits of movement and music for people with Parkinson's (and seniors generally), and provide a 30 min seated dance class. No experience is necessary. [Click here](#) to see what to expect.
- Our returning guest speaker is [Dr Shahana Alibhai](#), a Mental Health expert, a professional speaker, and a Family Physician at the [Foundry Youth Health Centre](#) in Abbotsford, BC.
 - Dr Alibhai will speak about The Importance of Your Doctor's Visit: How to Make the Most of Each Visit.
- You are welcome to participate in the Dance Class only, the Doctor Visit presentation only, or both.
- We ask participants to pay their Calendar Year 2025 membership fee prior to registering if you have not done so already.
 - This is \$15 for a Pensioner, or \$30 for a Pensioner and Spouse/Guest, payable by e-transfer to hydropensionerstoronto@gmail.com.
 - For more info and more ways to pay, [click here](#) for the Membership form.
- The Zoom Meeting link will be sent to registered attendees closer to the event date.
- Participants will need to connect via Zoom, using their own computer, tablet, or phone.
- The Zoom Meeting may be recorded and made available for review afterwards, along with a brief summary of how to access the available resources.

Please select one of these ways to register:

1. [Click here](#) to visit our on-line registration web form (Preferred Method).

OR

2. Print and complete this application and return the portion below the dotted line.

Mail to: Colin Erwin, 733-125 Omni Drive, Scarborough, ON M1P 5A9.

If you mail your registration form, please also email hydropensionerstoronto@gmail.com indicating the mailing date to help us avoid missed registrations.

Note: If after registering you are unable to attend, please advise Colin [by email](#) or by phone 647-409-5065, so we can free-up space for more participants.

Zoom Meeting • Dancing with Parkinson's • The Importance of Your Doctor's Visit
Friday, December 12, 2025 11:15 am to 1:00pm.

Pensioner Name: _____

Email address: _____

Phone Number: _____

Company I receive my Pension from: ESA Hydro One IESO OPG Other