Thursday, September 17 (Women’s Wellness)
Grandmother Connection
Nona Mariotti and Anne Richards, ‘Grandmothers’
Nona and Anne will talk about what a local group “Kingston Grandmother Connection” of over 200 women are doing to contribute to the Stephen Lewis Grandmother to Grandmother Campaign and Help Lesotho; two incredible grass roots organizations who help to support African grandmothers, who are struggling to raise their orphan grandchildren with very few resources.

Wednesday, September 30 (Women’s Wellness)
Cultivating Joy
Miriam Lyon, B.A.H Psychology
Follow the wellness journey of Miriam Lyon: throughout her life she has explored many modes of healing, therapies and spiritual paths in order to alleviate and navigate her fluctuating symptoms of depression. Come hear about the tools that Miriam uses to experience more joy, peace and a greater sense of wellbeing.

Monday, October 5
Personal Responsibility and the Effects of Technology
Paul Weinzweig, PhD., Sociology, University of Toronto. Retired Professor
Where are the realistic threats from Artificial Intelligence? How are information technology and the internet transforming job markets, human psychology, medicine, and education? How does the digital world, expressed as weapons of mass distraction, affect the state of popular culture and the generational divide? When does technology become technopoly?

Wednesday, October 27 (Women’s Wellness)
Neurofeedback
Dr. Linda Beckett, MD
Neurofeedback is a rapid and efficient process that assists individuals in learning self-regulation skills, gaining control over their mental state and improving mental functioning. Neurofeedback is a specialized type of biofeedback, which is the use of instrumentation to mirror physiological processes of which the individual is not normally aware and which may be brought under voluntary control. Neurofeedback monitors the brain
activity of the user and displays this information back to the user. Once the user becomes aware of their own mental activity the goal of Neurofeedback is to then adjust and self-regulate that activity to achieve a more calm, focused mental state. Dr. Beckett will discuss the ways various ways that neurofeedback can assist individuals looking to improve their brain functioning.

Friday, November 13
Who on Earth are YOU?
Alena Schram, Writer and Author of The Opinionated Old Cow; Ruminations from the Field.
Spouses of diplomats are not generally considered objects of pity ("Oh that poor thing! Night after night of glamorous receptions, formal dinners, ribbon-cutting events, not to mention international travel…!"). The speaker, veteran of 36 years as a diplomatic appendage, will tell of the dark but humorous underbelly of life in the foreign service.

Thursday, November 26
A Veterinary Death Café
Meredith Galbraith, Veterinarian
At a Death Cafe people drink tea, eat cake and discuss death. The aim is to increase awareness of death to help people make the most of their (finite) lives. This talk will be an informal discussion on companion animal death led by veterinarian Dr. Meredith Galbraith (www.housecallsforpets.ca). Meredith offers house calls for end-of-life care of pets in the Kingston area. She helps bring clarity to what really matters in dying and death while guiding many pets through this final stage of life, and is happy to share her perspective and experiences. Come armed with questions or be prepared to have Meredith get carried away and do all the talking.