

Oktoberfest Luncheon Party for Seniors!

at the Concordia Club in Kitchener

The annual Oktoberfest Party for Seniors, held at Kitchener's Concordia Club (11:30 a.m. – 2:30 p.m.), is always a fun get-together with a tasty **Buffet Luncheon** (with food that "Schmeckt Gut!"), **great Entertainment ... and your first beer is 'on the house.'** Everyone receives a souvenir mug to take home as well! After the party we're homeward bound.

JUST \$99.00 PER PERSON

Cost includes Motorcoach Transportation, Admission, Lunch, All Taxes and Meal Tip.



MOTORCOACH PICKUPS	DEPARTS	RETURNS
Cedar Heights Plaza (Markham/Lawrence)	8:45 a.m.	5:30 p.m.
York Mills/Yonge St.	9:30 a.m.	5:00 p.m.
Islington Subway	10:00 a.m.	4:30 p.m.
Mississauga Snrs. Centre (SE Parking Lot)	10:30 a.m.	4:00 p.m.

THURSDAY, OCTOBER 17th & SATURDAY, OCTOBER 19th, 2019

Cannabis: Healing Body, Mind and Spirit

A Day with Guide Peter Brotherhood

With local Guide Peter Brotherhood, explore the world of cannabis in Northumberland County on a day that will help to demystify the stigma associated with its use. In Cobourg, see the **FSD Pharma Cannabis Facility** which, in 2020, will be the largest hydroponic indoor facility in the world, equal in size to Central Park in New York City! At the **Alderville First Nation Reserve**, Peter will take you to two Cannabis Outlets where you will learn of the Ojibway traditions of healing using various strains of cannabis, used to treat over 200 chronic conditions such as pain, anxiety, sleep and eating disorders, fibromyalgia, atrophy, cancer, PTSD and depression. (Note: purchases here are cash only, please.) A **Buffet Luncheon is enjoyed today at the charming Woodlawn Inn** in Cobourg, plus a stop at the **Sprucewood Handmade Cookie Company, featuring award-winning shortbread!** Join us for another interesting day of learning with Guide Peter Brotherhood.

JUST \$99.00 PER PERSON

Cost includes Motorcoach Transportation, Lunch, Services of Guide, All Taxes and Meal Tip.

MOTORCOACH PICKUPS	DEPARTS	RETURNS
Mississauga Snrs. Centre (SE Parking Lot)	7:15 a.m.	6:45 p.m.
Islington Subway	7:45 a.m.	6:15 p.m.
York Mills/Yonge St.	8:15 a.m.	5:45 p.m.
Cedar Heights Plaza (Markham/Lawrence)	9:00 a.m.	5:00 p.m.