

CURAC 2024 National Conference

THRIVING IN RETIREMENT
MAY 22-24, 2024

HOSTED BY THE
UNIVERSITY OF WATERLOO
RETIRES ASSOCIATION
WATERLOO, ONTARIO

Survive in retirement? No, thrive in retirement!

Plan to attend the *Thriving in Retirement conference* at the University of Waterloo. The conference offers practical tips, tools, and advice to help you make the best of your retirement years.

From the welcome reception Wednesday evening until lunch on Friday, you'll enjoy informative presentations, hearty food and refreshments, and ample opportunity to socialize with friends old and new.

CHECK OUT THE UWRA WEBSITE FOR CONFERENCE UPDATES:

uwaterloo.ca/retirees-association/conference-2024

REGISTRATION WILL OPEN IN MARCH

THEMES INCLUDE

HEALTH AND WELLNESS

HOUSING OPTIONS

SERVICES FOR SENIORS

FINANCE

RECREATION AND LEISURE

SAFETY AND SECURITY

CURAC 
ARUCC 

College and University Retiree Associations of Canada
Associations de retraités des universités et collèges du Canada

STAY THE WEEKEND!

OPTIONAL TOURS AND EXCURSIONS:

Campus tours, including the Earth Sciences Museum with its raptors and rocks

Waterloo Region Museum, exploring yesterday, today, and tomorrow

St. Jacobs' two antique markets, featuring more than 200 dealers, minutes from the official conference hotels.

Country tour, with a visit to a Mennonite farm and the Kissing Bridge, one of Canada's oldest covered bridges

Walking tour of Uptown Waterloo, including Waterloo Park and the Canadian Clay and Glass Gallery

The New Hamburg Mennonite Relief Sale, with hundreds of quilts on auction

Live theatre in Stratford, or in Waterloo Region at a Drayton Entertainment venue

FOR MORE INFORMATION ABOUT
POST-CONFERENCE ACTIVITIES VISIT:

uwaterloo.ca/retirees-association/conference-2024

CONFERENCE SPONSORS (as of December 5, 2023)



UNIVERSITY OF
WATERLOO



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University of Waterloo Retirees Association (UWRA)

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A member of the College and University Retiree Associations of Canada (CARUC/ARUCC)