

Seniors Active Living Fair

Friday, July 24th 2026
10am-2pm

LIMITED SPACES
AVAILABLE



Toronto Public Library Bridlewood Branch
2900 Warden Avenue - Bridlewood Mall Upper Level

Speakers

10:00 AM: Brain Health & Sleep
11:00 AM: Kidney Health (in Chinese)
12:00 PM: Stress Management
1:00 PM: Home Container Gardening

Over 10 exhibits!



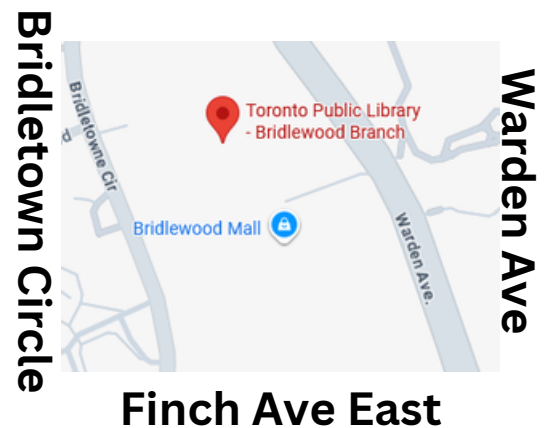
Activities are subject to change

Older adults and caregivers welcome!

For more information please email english@splc.ca or
call (416)493-3333 ext.820

Activities

- Chair Dance/Yoga
- Brain Health Assessment
- E-Connect
- Lucky Draw
- Refreshments
(while quantities last)



In Partnership with the Older Adult Centres' Association of Ontario with funding provided by the
Government of Ontario