



Active Living Fair

Senior Persons Living Connected

3333 Finch Ave. East

Saturday, March 24, 2018

10:00am – 2:30pm

Older adults, seniors, families and caregivers welcome!



Exhibits - Recreation Room/Reception Desk/ Library

- ❖ Alzheimer Society of Toronto
- ❖ Thewalkintub Company featuring American Standard Accessible Bathroom Products
- ❖ Canadian Hearing Society
- ❖ Canadian Liver Foundation
- ❖ Central East Local Health Integration Network (CELHIN)
- ❖ Foot Care Academy
- ❖ Heart & Stroke Foundation
- ❖ Next Step
- ❖ Nordixx Pole Ontario
- ❖ Ontario Energy Board
- ❖ Seniors & Law Enforcement Together
- ❖ Senior Persons Living Connected
- ❖ Toronto Hydro
- ❖ Versatile Accessibility Ltd
- ❖ Wellness Centre
- ❖ Ministry of Seniors Affairs

Workshops - Recreation Room

Improving Gut Health

10:15 – 11:15 a.m. Mandarin/ Cantonese

11:30 – 12:15 p.m. English

Light refreshment is provided



Laughter Yoga

All Languages

12:30p.m – 1:20p.m.



Planning For Your Next Move

English

1:40p.m. – 2:20p.m.



Nordixx Pole Walking



to North
Bridlewood Park
Meet in the Recreation Room
at 1:45 p.m.

Memory Games & Visit Day Program - Greek Day Program



10:30 – 12:30p.m.

Brain Games- Activity Room



10:15 a.m. – 11:00 a.m. English
11:30 a.m. – 12:15 p.m. Mandarin
1:00 p.m. – 1:45 p.m. Cantonese

(Schedule & Topic is subjected to changes. Space is limited.)

Inquiry: 416-493-3333

Please enter the Centre at Entrance "C" on Finch Ave. East
Parking spaces available at Bridlewood Mall.

A joint project between the Older Adult Centers' Association of Ontario (OACAO) and the Ministry of Seniors Affairs.

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

