



Active Living Fair

Senior Persons Living Connected

3333 Finch Ave. East

Saturday, October 26, 2019

10:00am – 2:30pm

Older adults, seniors, families and caregivers welcome!



Exhibits- Recreation Room

- ❖ Arbor Memorial - Highland Memory Gardens
- ❖ Brain Beat Dance Canada Seniors Association
- ❖ Elder Abuse Prevention Ontario
- ❖ Helix Hearing Care
- ❖ March of Dimes Canada
- ❖ Newe Towne Medical Pharmacy
- ❖ Nexus Holidays Toronto Inc
- ❖ Scarborough Centre for Healthy Communities
- ❖ VPI Working Solutions
- ❖ Seniors & Law Enforcement Together
- ❖ Senior Persons Living Connected
- ❖ The Kidney Foundation of Canada
- ❖ Ministry for Seniors And Accessibility
- ❖ Ministry of Transportation
- ❖ Others

Workshops & Activities

Simplified Tai Chi

10:15 a.m-10:45 a.m.



*Diabetes One on One Session

*Walk- In Counselling

*Pedestrian Safety

10:30 a.m. -2:30 p.m.

Safe Winter Driving

11 a.m. - 12 noon



Falls Prevention

11:15 a.m-12:15 p.m.
(Mandarin/ Cantonese)



Elder Abuse 101

1 p.m. - 1:30p.m.



Brain Beat Dance

1:30 p.m. - 2:00 p.m.



Light refreshment will be provided around 12:00 p.m.
(Schedule & Topic is subjected to changes. Space is limited.)

Inquiry: 416-493-3333

Please enter the Centre at Entrance "C" on Finch Ave. East

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

OACAO

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

Ontario

