

12th Annual

Victoria Park Seniors Centre presents:

Active Living & Retirement Show

Friday, March 22, 2019

10:00 am—2:00 pm

Free Admission. All ages welcome.

Held at: CW Sportsplex at 550 Belsyde Ave. Fergus



Door Prizes ~ Grab Bags ~ Free Refreshments

See more than 50 exhibitors including:

**Health & Wellness ♦ Fitness ♦ Recreation ♦ Travel
Support Services ♦ Housing ♦ Financial ♦ Volunteering**

★ FREE Chair Massages ★ FREE Fitness Demos & Seminars ★ FREE Fascial Stretching

10:00 am - 2:00 pm	Exhibitor Information Booths
10:15 am	Tap Dancing & Belly Dancing
10:30 am	Seminar: Wills, Powers of Attorneys and Living Wills
11:00 am	Zumba Gold
11:45 am	Move With Ease
11:45 am	Seminar: Overview of Ontario's Estate Administration Tax by the Ministry of Finance
12:30 pm	Fitness Kickboxing
1:00 pm	Seminar: Age Has Its Benefits
1:15 pm	Zumba Gold-Toning

This event is hosted by Victoria Park Seniors Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by The Ministry for Seniors and Accessibility



For more information: 519.846.9691 x204