



**Parkdale Golden Age Foundation**  
**PROUD TO BE YOUR HOST FOR THE**

**FREE !!!**

**P A R K D A L E**

**SENIORS**

**Information & Active Living**

**FAIR 2020**



**Over 15 Information Booths!**

- **Mini Presentations**
- **Health Clinics**
- **Active Living Demonstrations**

**Refreshments \* Healthy Light Lunch \* Draw Prizes**

**FREE !!!**



**Thursday, March 12<sup>th</sup>**  
**11:00 a.m. – 3:00 p.m.**

**Masaryk-Cowan Community Centre**  
**220 Cowan Ave. (Lansdowne & Queen)**

For more information call PGAF at **(416) 536-5534** or visit our website at [www.pgaf.ca](http://www.pgaf.ca)



**Parkdale Golden Age Foundation**

**OACAO**

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

Funded by:

**Ontario**

This event is hosted by Parkdale Golden Age Foundation in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.