

MACKAY CENTRE FOR SENIORS

presents an

Active Living

& WELLNESS FAIR

WEDNESDAY MARCH 25TH, 2020

2:00 P.M. - 7:00 P.M.

FREE ADMISSION ~ Over 20 Information Tables - Refreshments - Door Prizes

LOCATION - LAKESHORE UNITED CHURCH FELLOWSHIP HALL - 56 NORTH ST. GODERICH

INFORMATION SESSIONS/WELCOME/REFRESHMENTS

REGISTRATION/INFORMATION TABLES/GRAB BAGS

Information Sessions Times are approximate

2p.m.: Welcome – Guests Greetings from
MP & MPP & Mayor Grace

2:30 p.m. Canopy Growth- Medical Cannabis
(some of the information provided in the event is not intended for minors. This event is 19+ only)

3:15 p.m. – Canada Revenue Agency Benefits,
Credits and Filing your Income Tax:

3:45 p.m. Amanda Beddow - MVFHT:
The new Ontario Health Teams intro and You

4:30 p.m. - Royal Canadian Ballet
- Sharing Dance Seniors Classes *Demo*

5:15 p.m. - Samantha Ball RD, CDE Registered
Dietitian | Certified Diabetes Educator

6:00 p.m. Sheila Schuehlein Communication
in Healthy Relationships

The MacKay Centre at 10 Nelson Street E will feature demonstrations of our regular programs, Art Club, Line Dancing and Tai Chi. The Children's Theatre group will also be rehearsing. Stop in and check it out.

Funding Provided by :



OACAO

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

This event is hosted by The MacKay Centre for Seniors.

In partnership with the Older Adults Centre's Association of Ontario and the Ministry for Seniors and Accessibility.