

13th Annual

Victoria Park Seniors Centre presents:

# Active Living & Retirement Show



## Friday, March 27, 2020

### 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, Blood Pressure Testing, Reflexology, Video Otoscope,  
Fitness Demos, Fascial Stretching, Seminars and much more!!*

<b>10:00am - 2:00pm</b>	<b>Exhibitor Information Booths</b>
<b>10:00 am</b>	<b>Seminar: Ride Well Service</b>
<b>10:15 am</b>	<b>Tap Dancing &amp; Belly Dancing</b>
<b>10:30 am</b>	<b>Seminar: Wills, Powers of Attorneys and Living Wills</b>
<b>11:00 am</b>	<b>Tai Chi</b>
<b>11:45 am</b>	<b>Fitness Kickboxing</b>
<b>11:45 am</b>	<b>Seminar: Frauds &amp; Scams</b>
<b>12:30 pm</b>	<b>Zumba Gold-Toning</b>
<b>1:00 pm</b>	<b>Seminar: Overview of Ontario's Estate Administration Tax</b>
<b>1:15 pm</b>	<b>Zumba Gold</b>

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 x278**