

Empowered, healthy and thriving communities
where everyone belongs.

Seniors Active Living Fair

scan here to register



Thursday, February 29, 2024

9:30 am—2:30 pm

2A The Market Place (Crescent Town Club)

- Healthy snacks & lunch box
- Zumba Gold demonstration
- Mental health wellness workshop
- Live seniors performance
- Information booths
- Door prizes & MORE



For more information:

Nazly at nsultana@srhc.com, 647-233-4898 or

Lydia at Lsun@srhc.com, 416-752-0101 ext. 4221



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

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



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