

VICTORIA PARK SENIOR
CENTRE PRESENTS

ACTIVE LIVING & RETIREMENT SHOW

FOR MORE
INFORMATION:
519.846.9691 X278

FRIDAY, FEBRUARY 23, 2024

10:00am - 2:00pm • Free Admission • All Ages Welcome



CW Sportsplex ~ 550 Belsyde Ave. Fergus

DOOR PRIZES • GRAB BAGS • FREE REFRESHMENTS

Health & Wellness ~ Fitness ~ Recreation ~ Travel ~ Support Services
Financial ~ Volunteering ~ Fitness Classes ~ Seminars

10:00AM - 2:00PM	Exhibitor Information Booths
10:00AM	Seminar: Ride Well Transportation Service
10:15AM	Fitness Class: Tap Dancing & Belly Dancing
10:30AM	Seminar: Wills, Powers of Attorneys and Living Wills
11:00AM	Fitness Class: Tai Chi
11:45AM	Fitness Class: Strength Training
11:45AM	Seminar: Frauds & Scams
12:30PM	Yoga Class: CIRCL Mobility
1:00PM	Seminar: Ontario's Medical Expense and Seniors Care at Home Tax Credits
1:15PM	Fitness Class: Gentle Fitness

This event is hosted by the Victoria Park Seniors Centre in Partnership with Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario

