



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Seniors Active Living Fair & Open House

Wednesday, September 4, 2024

9:30 a.m. - 2:00 p.m. - 670 Albert Street, Ottawa

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 30+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

For more information contact The Good Companions at 613-236-0428 Ext. 2221, or visit our website: www.thegoodcompanions.ca

OC Transpo Wednesday Service is free for Seniors 65+



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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