

**CALL TO REGISTER**  
705-876-1670

**FREE**

# SENIORS ACTIVE LIVING FAIR

180 BARNARDO AVENUE PETERBOROUGH

**March 4th  
2025**

**9:30 AM  
–  
1:30 PM**

## Workshops

**10:00 – 10:45am**

Age Friendly PTBO, Should I stay or  
Should I go?

**11:00 – 11:45pm**

CMHA, Mental Health 101

**12:00 – 12:45pm**

Community Paramedics Program

**1:00 – 1:30**

Auxiliary Peterborough Police,  
Home Guard & Cam Safe Program

## Try it Activities

**10:00 – 10:15**

Cardio Drumming with Lisa

**10:30 – 10:45**

Chair yoga

**11:00 – 11:15**

Bone Building

**11:30 – 11:45**

Cardio Drumming with Lisa

**12:00 – 12:15**

Tai Chi

- **Lunch and refreshments**
- **Goodie bag**
- **Give always & Prizes**
- **Visit the exhibitors**



**ACTIVITY HAVEN**  
RECREATION CENTRE FOR ADULTS 50+

*Come Out & Play!*

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



Funding provided by:

