



Seniors Active Living Fair & Open House

Wednesday, September 3, 2025

9:30 am - 2:00 pm - 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!

Offers a range of amazing activities

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 25+ 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+



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

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

Est. 1973



Funding provided by:

Ontario 