



Seniors Active Living Fair

Tuesday, October 21, 2025
10:00am - 2:00pm

Flamborough Family YMCA
207 Parkside Drive, Waterdown
(905) 690-3555

FREE to the community.
No registration required.

SPEAKERS: 10:30 - 11:30am
YMCA DEMONSTRATIONS:
Falls Prevention/Balance+:
12:00 - 12:30pm
Gentlefit & Activator Walking Poles:
12:45 - 1:15pm

If you are interested in being an exhibitor
10:00am to 2:00pm **please contact:**
ymcahbb.ca/seniors

Mobility in aging: Recognizing normal change

This talk will explore mobility in aging, drawing on insights from the Canadian Longitudinal Study on Aging (CLSA). We will discuss why accounting for age helps distinguish normal changes from true mobility impairment, and why mobility is essential for health and independence. Finally, we will explore ways to maintain mobility as we age — from the benefits of staying active to the role of supportive environments and community resources in enabling movement for all.



Alexandra Mayhew, PhD, is a Research Associate with the Canadian Longitudinal Study on Aging (CLSA) at McMaster University. Her research focuses on how mobility, body composition, and brain health contribute to healthy aging. She is particularly interested in how these factors change with age and how incorporating age-related trajectories can enhance efforts to optimize health, independence, and wellbeing in later life.

Gait Speed the new “Sixth Sense”

Gait speed is a powerful indicator of health. Unlike traditional vital signs gait speed offers a dynamic assessment of functional health. Learn about a new rapid and reliable tool designed by GERAS to measure gait speed.



Dr. George Ioannidis BPE, MSc, PhD is the Deputy Director of the GERAS Centre for Aging Research. Associate Professor, Divisions of Rheumatology and Geriatric Medicine and Department of HEI. Eli Lilly Canada Chair in Osteoporosis.

