

55+

Aging Well Together & Active Living Fair



Thursday, November 6

10:00 am - 2:00 pm

Chestnut Hill Developments Recreation Complex
1867 Valley Farm Road

Register early and reserve your spot for lunch at
pickering.ca/Active activity code: **59696**

Free lunch is included for the first 250 registrants only.

Aging Well Together:

This fair is intended to raise awareness about local programs and services available to aging adults.

Active Living:

A way of life in which physical, social, mental, emotional and spiritual activities are valued and are integrated into daily living.

A great opportunity to:

- Meet and speak with a wide range of service providers.
- Collect valuable information, samples, and special offers.
- Enjoy some refreshments.
- Reserve your spot for lunch.
- Enter the big event raffle for a chance to win a basketful of goodies!

Presentations by:

- City of Pickering Fitness Specialists
- City of Pickering Recreation Services, Dorsay Community & Heritage Centre Programs
- Debra Sayewich, Founder & Consultant, Age Friendly Consulting
- Pickering Museum Village
- and more!

905.420.4620 | **pickering.ca/adults55plus**