



SENIORS ACTIVE LIVING FAIR

HOST HANDBOOK

2025 - 2026

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

50⁺
years of service

Funding provided by:

Ontario 

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WHAT ARE SENIORS ACTIVE LIVING FAIRS?

A Seniors Active Living Fair is a public education initiative developed in partnership between the OACAO and the Ministry for Seniors and Accessibility (MSAA). The objective is to increase awareness about available programs and services for seniors and share knowledge about healthy aging and active lifestyles. This reduces seniors' social isolation, improves their overall health and wellbeing and helps them maintain their independence. The funding provided by MSAA will help inform Ontario's diverse seniors, their families and care partners about the benefits of healthy living and the importance of exercise, nutrition, safety and security.

OACAO RESPONSIBILITIES

- Provide a Seniors Active Living Fairs Handbook to help guide and educate staff and volunteers hosting the Fairs (English and French).
- Provide support and resources to Fair hosts as needed.
- **ONLINE RESOURCE FOLDER LINK:**
<https://www.dropbox.com/home/Sue%20Hesjedahl/Seniors%20Active%20Living%20Fairs/2025-2026/2025-2026%20Senior%20Active%20Living%20Fair%20Resources> (includes samples of agendas, invitations, promotional items, etc.)
- Approved applicants will receive their first cheque for 75% of the grant approximately one month prior to the Fair date and 25% upon satisfactory submission of the final report.
- Provide access to the MSAA's Planning Accessible Events Resources – APPENDIX C
- Provide a pre-event telephone check-in to ensure everything is on track and address any last-minute details.
- Promote approved Fairs on OACAO website and OACAO Social Media accounts (See page 8 for Social Media Links).
- Zoom training resources for Virtual Fair Hosts.
- An OACAO representative will attend the Fair (subject to availability).
- Provide Participant & Partner/Exhibitor Evaluation Survey (English and French).
- Provide a Final Report package (English and French). The OACAO is responsible for providing a Final Report, including statistics, impact, and financial review, to the Government of Ontario at the end of the full project. We therefore require full compliance with the terms and conditions listed in the signed Letter of Agreement.

HOST CENTRE/ORGANIZATION RESPONSIBILITIES

- Establish an Organizing Committee that will be responsible for the development and operation of the Fair.
- Display the Government of Ontario and the OACAO logos on all promotional material. Guidelines and logos will be provided with the Letter of Agreement.
- Provide the OACAO with a digital copy of your Fair Flyer (accessible PDFs), at least 60 days in advance of your Fair.
- Host the Fair in an accessible Event Space/Venue under AODA Standards. Considerations include making the building space accessible with ramps, accessible washrooms, signage, etc., as well as providing entry for visitors with service dogs. Other considerations for communications materials include making any PDFs AODA compliant and offering visitors multiple ways to contact event organizers.

- Deliver content/programming for a minimum of 4 hours in length. (Both Virtual and In-person Fairs)
- Provide the Fair for FREE for seniors, care partners and the public to attend.
- Organize Presentations/Seminars on important topics for seniors. (2 – 4 minimum)
- Organize Demonstrations and/or Health Clinics on active living or healthy eating. (1 – 2 minimum)
- Invite the local MPPs, other VIPs, and the Minister for Seniors and Accessibility to participate. For a list of current MPPs, please visit: <https://www.ola.org/en/members/current>. Invitations to the Minister can be emailed to: ministerseniorsaccessibility@ontario.ca.
- Submit 5-6 digital pictures of the Fair, which could be shared with the Ministry for Seniors and Accessibility. Provide consent forms for any photos that show faces. MSAA Consent Form can be found on pages 4-5 of the Final Report Package ([Click here](#))
- Complete a Fair Statistical Report within 30 days of the completion date of the Fair (or by March 31, 2026 for Fairs held in March).
- Submit a Summary of Participant & Partner/Exhibitor Survey findings with the Final Report within 30 days of the completion date of the Fair (or by March 31, 2026, for Fairs held in March). The brief Survey Form will include MSAA-provided participant demographic and outcome measures, along with other brief questions to assess the impact of the Fairs.
- All Fairs Projects must be completed by March 16, 2026.

For Virtual Fairs:

- Virtual Events can be scheduled over multiple days within a 14-day period.
- Use a virtual video event platform with teleconference capability.

For In-Person Fairs:

- Secure adequate liability insurance.
- No alcohol to be served.
- Contact the local Public Health Unit for local health protocols (as needed)
- Provide a healthy meal or snacks at a maximum cost of \$12.50 per person, including tax and gratuities, as per Ministry guidelines.
- Provide & organize bags for participants at the registration table or entrance to the Fair for participants to collect literature from trade show exhibitors.
- Organize a Trade Show with a balanced representation of both non-profit organizations, government agencies and for-profit agencies (if applicable), (10 – 15 exhibitors minimum) and a recommended length of 3 - 4 hours (unless pre-approved by OACAO).
- Provide free exhibitor space at the Trade Show for the OACAO to distribute Ministry materials.

ACCESSIBILITY FOR ONTARIANS WITH DISABILITIES ACT STANDARDS

The Accessibility for Ontarians with Disabilities Act, 2005 (AODA) is intended to reduce and remove barriers for people with disabilities, making Ontario more accessible and inclusive for everyone. Learn more about Ontario's accessibility standards: <https://www.ontario.ca/page/accessibility-in-ontario>. To ensure that the event is as accessible as possible for all, consider asking attendees to let Fair Hosts know in advance of any specific accessibility accommodation requests. This will allow the Fair Hosts time to make the necessary arrangements in advance. This could include procuring live ASL (American Sign Language) interpreters for in-person events and, if needed, a live captioning service for virtual events.

PRESENTATIONS/SEMINARS

We encourage Fair Hosts to consider the following presentation topics: technology training, digital literacy and cyber security awareness, health and wellness topics, falls prevention, seniors' safety, elder abuse awareness including frauds and scams, reducing ageism, social inclusion, mental health resources for seniors, Aging at home and community engagement, participation of older adults in the labour market or volunteerism. Requirement: 2-4 presentations/seminars.

See Appendix A for suggested topics and contact information.

DEMONSTRATIONS/HEALTH CLINICS

We encourage Fair Hosts to hold demonstrations highlighting active living opportunities for seniors. These may be programs from the Host Centre/Organization or other demonstration topics such as healthy eating, active living or fitness programs.

In-person Fair Hosts only are encouraged to hold health clinics, such as blood pressure testing, flu vaccine clinics, hearing clinics, or income tax/benefits and estate planning clinics.

Requirement: 1-2 demonstrations/health clinics.

PARTNER/EXHIBITORS/STAKEHOLDERS

Partners and/or stakeholders can be engaged through short presentations, such as digital breakout rooms (virtual fairs), panel or networking opportunities, and through the distribution of digital materials and/or through organizations, government agencies, and for-profit agencies.

Non-Profit suggestions: Access Alliance Multicultural Health & Community Services, Alzheimer Society, Assaulted Women's Helpline, Elder Abuse Prevention Ontario, Royal Canadian Legions, Senior Pride Network, and United Senior Citizens of Ontario. **See Appendix A for contact information.**

Government Ministries/Agencies suggestions: ConnexOntario, Ministry of Finance, Ministry of Transportation, Ontario Securities Commission, Provincial Geriatrics Leadership Ontario, Retirement Homes Regulatory Authority, Service Canada and The Ontario Caregiver Organization.

See Appendix A for contact information.

You may consider inviting the OACAO Business Partners: Access Abilities, Amica Senior Lifestyles, Arbor Memorial Inc., Belairdirect, Canadian Hearing Services, Chartwell Retirement Residences, Citadel Mortgages, GLA Rehab, HearCANADA, Hearinglife, Heart @ Home – Home Support Services, Heart To Home Meals, Insuranceland Inc., Parkland Lifestyle Residences, Retirement Homes Regulatory Authority, Senior Women Living Together, Transitions Realty and TRIPOPPPO Inc.

See Appendix B for contact information.

FOR IN-PERSON FAIRS ONLY: HEALTHY MEAL OR SNACKS

It's important to provide a healthy meal or snack for all participants and exhibitors at our Fairs. We have allocated a budget of up to \$12.50 per person, inclusive of tax and gratuities, to ensure that everyone has access to nutritious options that keep them energized and focused throughout the event. Options include soft sandwiches like egg salad or chicken salad wraps, hearty soups such as butternut squash or chicken noodle, and protein-packed smoothies. Additionally, you can offer granola bars, mini muffins, fresh fruit (i.e. apples or bananas), soft veggie roll-ups, cheese and crackers, healthy puddings, fresh fruit cups with yogurt. NOTE: it is important to offer dietary alternatives, when possible, i.e. Gluten free, sugar-free, vegan or vegetarian.

FOR IN-PERSON FAIRS ONLY: TRADE SHOW

Trade shows must have 10 - 15 exhibitors and last 3 - 4 hours (unless pre-approved by OACAO). Please ensure a balanced representation of both non-profit organizations, government agencies and for-profit agencies (if applicable). Non-profit exhibitors must be free to exhibit, but a nominal fee can be charged for for-profit exhibitors. Contact your local Public Health Unit for local public health protocols that hosts might be required to follow (as needed). You can find your local Public Health Unit at <https://www.ontario.ca/page/public-health-unit-locations>. Each exhibitor must have access to one table and at least one chair. Appendices A & B may be used for suggested Exhibitors, but availability may be limited.

FOR IN-PERSON FAIRS ONLY: PARTICIPANT BAGS

Fair hosts must supply bags to participants to enable the convenient collection of literature and other materials at the Fair. This allows participants to easily collect and carry information from various exhibitors, making their experience more enjoyable and interactive. Bags can be purchased from online retailers such as Amazon, promotional product companies such as 4imprint and Vistaprint, or wholesale suppliers such as Costco and Uline. Alternatively, consider requesting sponsorships or donations from local businesses, large corporations, and/or professional associations. The bags can be used to include centre literature items, event agenda & swag items as available.

FOR VIRTUAL FAIRS ONLY: VIRTUAL VIDEO EVENT PLATFORMS

The selected virtual video event platform must be user-friendly for participants and allow telephone participation for those who are not tech-savvy or do not have internet access. "Large meeting capacity" should be arranged in advance with the video platform host to accommodate the expected number of participants. Fair hosts are encouraged to use a simple virtual platform that allows older adults and participants to log in via the internet or call in by telephone, ensuring accessibility for all.

Suggestions for video event platforms:

- Zoom: <https://zoom.us/>
- Microsoft Teams: <https://www.microsoft.com/en-ca/microsoft-teams/group-chat-software>
- GoToMeetings: <https://www.gotomeeting.com/>

PARTICIPANT AND PARTNER/EXHIBITOR SURVEYS

Gathering surveys is essential for obtaining valuable feedback from Participants and Partners/Exhibitors. At in-person events, distribute paper surveys or links to online surveys (SurveyMonkey) to attendees and exhibitors, which they can fill out and submit at specific collection points. To entice participants to complete the surveys, offer appealing incentives such as raffle entries, gift cards, discounts, or branded merchandise. For exhibitors' convenience, digital surveys can also be sent via email, enabling easy distribution and completion. For convenience, QR codes can be created using the SurveyMonkey survey link.

MARKETING AND OUTREACH

Communication strategies should ensure that any digital promotional components comply with the Web Content Accessibility Guidelines (WCAG) version 2.0 AA: <https://www.w3.org/WAI/>. PDFs, web pages and social media posts need to meet these criteria.

Suggested methods of promotion:

- Your Newsletter or Program Guide
- Flyers or Posters
- Local Municipality / Township Community Program and Activity Guide
- Mail out to potential participants
- Your Centre's / Organization's website
- Post on social media, i.e. Facebook, Twitter, Instagram, and YouTube
- Email Blast to your Members or Participants
- Telephone – individual calls to inform members or a voice broadcasting system
- Local Media: Community Newspapers, Digital, Radio, or Television
- Promote and connect with Community Partners for referrals

SOCIAL MEDIA PROMOTION

Organizations are encouraged to promote their Seniors Active Living Fair on social media, including Facebook, Twitter, and Instagram!

Tag the OACAO in your social media postings:

Facebook: @oacao

Twitter: @TheOACAO

Tag the Ministry for Seniors and Accessibility in your social media postings:

Facebook: @SeniorsOntario or @AinesOntario Twitter: @SeniorsON or @AinesON

Please include **hashtags** in your social media posts so we can track the promotion across the province:
#SeniorsActiveLivingFairs #FairesVieActiveAînées

LOGOS AND ACKNOWLEDGEMENT

We acknowledge and thank the Government of Ontario for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2025 - 2026 Seniors Active Living Fair project.

You must add both the OACAO and the Government of Ontario logos to, and only to, all promotional and publicity materials associated with the 2025 - 2026 Seniors Active Living Fair and indicate that the Seniors Active Living Fair is hosted by your organization in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding support from the Government of Ontario, by way of including both logos as indicated below.

To this end, the province is granting you a non-transferable licence to use the Government of Ontario logo in conjunction with the promotion or publicity of the 2025 - 2026 Seniors Active Living Fair and for no other purpose. The Government of Ontario logo shall not be altered, shortened or abbreviated. The province retains all other rights in and to the Government of Ontario logo, and it shall only be used by you as set out above.

For questions about funding acknowledgement and logo placement, please contact Julie Moran-Illies at julie@oacao.org.

The logos below are to be used on ALL promotional material, online and in print. Remember to add both the OACAO and the Government of Ontario logos to all promotional and publicity material, thereby indicating that the Seniors Active Living Fair is hosted by your Centre/organization in partnership with the Older Adult Centres' Association of Ontario (OACAO), with funding provided by the Government of Ontario. Please contact the OACAO if you require a higher-resolution logo file. **Logos can be found in the Resource Folder link:**

1. Insert your organization logo (on the left side)
2. Insert the OACAO logo (centred in the middle)
3. Insert the **CURRENT** Government of Ontario logo (on the right side), which includes: “**Funding provided by:**”

SAMPLE:

YOUR ORGANIZATION LOGO



Funding provided by:



ELIGIBLE EXPENSES

All receipts and invoices must be submitted with the final report.

Eligible Expenses for all Fairs:

- Advertising/Promotion/Marketing: in print, digital, radio and/or television, etc.
- Audio Visual Equipment Rental: event equipment rental.
- Evaluation Prize: small incentive items (as a draw prize for participant questionnaire completion).
- Honorariums for presenters, demonstrators, clinicians, and volunteers.
- Postage: distribution of information packages/publications to participants and outreach to isolated seniors.
- Printing of flyers, surveys, and event directional signs, etc.
- Translation Services/Language Interpreters/ASL Interpreters: translation, closed captioning services and other accessible services.

For Virtual Fairs:

- Technology: Virtual platform and increased capacity added to accommodate higher participation numbers, toll-free numbers to allow for telephone participation.

For In-Person Fairs:

- Decorations: tablecloths, flowers, etc.
- Facility Rental: Accessible event space rental.
- First Aid: St. John's Ambulance presence, if needed, and recommended for outdoor venues.
- Food Service Supplies: plates, napkins, cutlery, etc.
- Food/Refreshments: Healthy meal or snacks at a maximum cost of \$12.50 per person, including tax and gratuities.
- Participant Bags for the majority of the participants.
- Public Health and Safety Measures: suggested protocols from the local Public Health Unit.
- Transportation: public transportation tickets, and/or bus rental.

INELIGIBLE EXPENSE

Staff costs for planning and executing the fair.

SENIORS ACTIVE LIVING FAIRS CONTACT INFORMATION

Questions can be directed to Julie Moran-Illes, Project & Membership Coordinator at julie@oacao.org, call 905-584-8125 or toll-free 1-866-835-7693.

APPENDIX A: SUGGESTED PRESENTATIONS/SEMINARS TOPICS/EXHIBITORS

(subject to availability; French presenters may be available)

TOPIC	CONTACT INFORMATION
Mental Health	Access Alliance Multicultural Health & Community Services 647-463-1713, Rae Dooley: Rdooley@accessalliance.ca
Building Dementia Friendly Communities - We All Have a Part to Play!	Alzheimer Society Ontario 416-967-5900 ext. 2967 Dawn Hannah: dhannah@alzon.ca
- What is Elder Abuse - Signs of Elder Abuse - How to help victims/survivors of Elder Abuse - Support for caretakers and Resources	Assaulted Women's Helpline 416-364-4144 ext. 224 Latoya Dwyer: ldwyer@awhl.org
- Mental Health - Addiction and Problem Gambling Services	ConnexOntario 1-866-531-2600 www.connexontario.ca/en-ca
- Prevention of financial abuse - Elder Abuse Prevention - Rights and Decision Making	Elder Abuse Prevention Ontario 647-354-8854 Mary Shkoury: MShkoury@eapon.ca
- Ontario's Credits and Benefits and Supports for Seniors with Low Income - Ontario's Medical Expense Tax Credit and the Seniors Care at Home Tax Credit - From a Maze to Amazing – Understanding Ontario's Personal Income Tax, Credits and Benefits - Ontario's Estate Administration Tax	Ministry of Finance 905-431-5197 Morgan Seeley: morgan.seeley@ontario.ca
Road Safety, including legislation related to road safety (e.g. Senior licensing renewal process, Safe senior driving, Safe winter driving, Vulnerable Road User safety)	Ministry of Transportation 1-800-396-4233 Lisa Thompson: Lisa.Thompson2@ontario.ca
- Fraud & Scams - Protect Your Money - Preparing Your Financial Umbrella - Financial Wellness	Ontario Securities Commission 416-263-7717 Kat Follis: kfollis@osc.gov.on.ca
Contact for topic information	Provincial Geriatrics Leadership Ontario 905-376-3331, Dr. Kelly Kay: Kelly.Kay@geriatricsontario.ca
- Understand your rights: Empowering residents in licensed retirement homes: A deep dive into residents' rights, how they're protected under Ontario's Retirement Homes Act, and how RHRA supports enforcement and education. - Considering a retirement home? Start with trusted information: Some key steps in choosing a retirement home, emphasizing the importance of using verified, trustworthy sources. An introduction to the RHRA's public register, inspection reports and other tools that help individuals and families make informed, confident decisions. Also, what to look for, what questions to ask and how to assess whether a retirement home meets their needs and expectations.	Retirement Homes Regulatory Authority (RHRA), 416-440-3580 Alyssa Alibasksh communications@rhra.ca

Staying safe and supported: What oversight means for you: The RHRA's role in licensing, inspections and complaint resolution, helping attendees understand how oversight contributes to safety and quality of life.	<i>RHRA continued</i>
Contact for topic information	Royal Canadian Legion, 1-888-556-6222 Branch locator: https://legion.ca/contact-us/find-a-branch
- Canadian Dental Care Plan - Canada Pension Plan and Old Age Security - Services for Seniors	Service Canada Community Outreach and Liaison Services, Citizen Services Branch 1 800 O-Canada (1-800-622-6232)
The needs of queer seniors	Senior Pride Network 627-225-2899, Brian Cope: brianheddencope@gmail.com
- Introduction to the Ontario Caregiver Organization - Caregiving Essentials or Caregiver Stress & Burnout - Contingency Planning & Emergency Preparedness - Communication Tips	The Ontario Caregiver Organization 289-407-4618 Sarah Calvin: sarahc@ontariocaregiver.ca
Contact for topic information	United Senior Citizens of Ontario 416-252-2021, Alex Canavan: office@uscont.ca

APPENDIX B: OACAO BUSINESS PARTNERS CONTACT INFORMATION

(subject to availability; French presenters or resources may be available)

ORGANIZATION	CONTACT	PHONE NUMBER	EMAIL
PLATINUM BUSINESS PARTNERS			
Access Abilities	Melody Pitts	905-825-5335 ext300	melody@accessabilities.ca
Amica Senior Lifestyles	Selina MacDonald	416-985-4173	S.MacDonald@amica.ca
Arbor Memorial Inc.	Isabel McKechnie	416-206-5091	IMcKechnie@arbormemorial.com
Belairdirect	Angela Neuman	647-294-7729	angela.neuman@belairdirect.com
Canadian Hearing Services	Penny Kemp	866-518-0000 ext4294	pkemp@chs.ca
Citadel Mortgages	Richard Linklater	780-951-7487	richard.linklater@citadelmortgages.ca
HearCANADA	Pamela Vezina	613-676-2675	pamela.vezina@hearcanada.com
HearingLife	Alana Marques	416-925-9223 ext5758	altq@hearinglife.ca
Heart To Home Meals	Jordan Medwid	613-301-6561	Jordan.Medwid@apetito.ca
Insuranceland Inc.	Paul Hainer	905-238-0668 ext2244	paulh@insuranceland.ca
OASSIS Employee Benefits Plans	Cameron Ponting	888-233-5580	cponting@oassisplan.com
Parkland Lifestyle Residences	Kristina Comuzzi	902-223-4097	kcomuzzi@shannex.com
Retirement Homes Regulatory Authority	Alyssa Alibasksh	416-440-3580	communications@rhra.ca
Senior Women Living Together	Leslie Walker	705-970-5000	leslie@swlt.ca
Transitions Reality	Keisha Telfer	647-948-7415	info@transitionsre.ca
GOLD BUSINESS PARTNERS			
Chartwell Retirement Residences	Mary Minielli	416-333-9965	mminielli@chartwell.com
GLA Rehab	Carol-Ann Brookfield	416-449-6466	Carol@gla-rehab.com
Heart@Home - Home Support Services	Mary Corrado	905-770-6226	mary@heart-home.ca
Myseniorcenter	Chris Hamilton	866-739-9745	chris@myseniorcenter.com
TRIPOPPPO INC.	Jason Jia	905-209-2029	info@trippoppo.com

APPENDIX C: MSAA RESOURCES

- **Planning Accessible Events Resource:** <https://accessibilitycanada.ca/wp-content/uploads/2016/06/Planning-Accessible-Events-May-2016.pdf>
This booklet shows you many low- and no-cost ways to make your event more inclusive. It also includes a checklist to ensure everyone can participate. Whether you're planning your first or 21st small community event, this guide is for you!
- **Age-Friendly Community Remote Events Planning Resource:** <https://files.ontario.ca/msaa-age-friendly-communities-remote-events-planning-resource-en-2021-01-01.pdf>
A guide to planning and delivering virtual events as a safe, effective and low-cost way to bring your project team and stakeholders together while COVID-19 remains active in Ontario.

Creating a More Inclusive Ontario: Age-Friendly Community Planning Toolkit:
<https://files.ontario.ca/msaa-age-friendly-community-planning-toolkit-en-2021-01-01.pdf> is supported by two companion documents:

- **Creating a More Inclusive Ontario: Age-Friendly Community Planning Guide for Municipalities and Community Organizations:** <https://files.ontario.ca/msaa-age-friendly-community-planning-guide-municipalities-community-organizations-en-2021-01-01.pdf>
- **Creating a More Inclusive Ontario: Diverse Populations Addendum:**
<https://files.ontario.ca/msaa-diverse-populations-addendum-en-2021-01-01.pdf>

SAMPLE: INVITATION TO LOCAL MPP/MP'S

Using appropriate letterhead

[Date]

[Insert address]

Dear [MPP/MP],

The [Your Centre Name] is hosting a Seniors Active Living Fair on [Fair Date]. You are cordially invited to bring greetings from the Province of Ontario/ Government of Canada.

The Seniors Active Living Fair is being hosted by [Your Centre Name] in partnership with the Older Adult Centres' Association of Ontario (OACAO), with funding provided by the Government of Ontario.

I have enclosed a schedule of the day's events and a list of partners and stakeholders who have already committed to participating.

We anticipate approximately [estimated number] people will participate in the day's events, which will include activities, seminars, demonstrations, and fun.

Your presence would greatly enhance the event, and we would be honoured to have you join us. Please advise me at [phone number] or [email address] by no later than [RSVP Date] to confirm your participation in this very special day. I look forward to seeing you on [Fair Date].

Sincerely,

[Name]

[Title]

[Your Centre Name]

[Contact Information]

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 aways & 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



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THE ECHO CENTRE'S

SENIORS ACTIVE LIVING FAIR SCHEDULE

November 26th | 30 Bell St. Eganville

- 9:00** Opening Remarks
- 9:15** Presentation on Community Paramedic
Program from Renfrew County Paramedics
- 9:45** Break and Mingle
- 10:00** Presentation on Never too Late to get Fit by
Susan Owen
- 10:30** Presentation on Canadian Dental Program by
Carrie Bursary from Service Canada
- 11:00** Break
- 11:05** Presentation on Reframing Ageing by Angie
Lepine from Renfrew Victoria Hospital,
Geriatric Department
- 11:35** Lunch and Trade Show
- 12:05** Trade Show Presentations
- 1:00** Try It Sessions - Seniors Tai Chi with Diane
Campbell
- 1:30** Mild Mobility with Lynn Pennie
- 2:00** Trade Show (closes at 4:00pm)
- 3:45** Closing Remarks



Funding provided by





University
Settlement
FOUNDED 1910

Seniors Active Living Fair

Join us for a day dedicated to active and healthy living for seniors! Explore community resources for health, safety, food and nutrition while enjoying performances, workshops, and engaging activities.



Date
September 26, 2024



Time
10:30AM - 2:30PM



Location
23 Grange Rd., Toronto, ON.





Register Now!

Questions? Call 416-598-3444 ext. 280 or email socialservices@universitysettlement.ca

This event is hosted by University Settlement in partnership with Older Adult Centres' Association of Ontario **OACAO** with funding provided by the Government of Ontario.

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Seniors' Fair 2024

Featuring...

- Exhibitors
- Presentations
- Demonstrations
- Prizes!

Join us to connect with services in the community that help seniors and older adults stay active and live healthy, independent lives.



Thursday,
November 7, 2024

Lunch provided



3079 Danforth Ave.,
Toronto, ON



10am - 3:30pm



**Registration
deadline :
October 22, 2024**



416-699-7920 ext. 4226



seniors@accessalliance.ca



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Association des centres pour aînés de l'Ontario

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