

VICTORIA PARK SENIOR
CENTRE PRESENTS

FOR MORE
INFORMATION:
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ACTIVE LIVING & RETIREMENT SHOW

FRIDAY, FEBRUARY 27, 2026

10:00am - 2:00pm • Free Admission • All Ages Welcome



CW Sportsplex ~ 550 Belsyde Ave. Fergus

DOOR PRIZES • GRAB BAGS • FREE REFRESHMENTS

Health & Wellness ~ Fitness ~ Recreation ~ Travel ~ Support Services
Financial ~ Volunteering ~ Fitness Classes ~ Seminars

10:00AM - 2:00PM	Exhibitor Information Booths, Health Clinics
10:10AM	Seminar: Ride Well Transportation Service
10:15AM	Fitness Class: Tap Dancing & Belly Dancing
10:50AM	Seminar: Wills, Powers of Attorneys and Living Wills
11:00AM	Fitness Class: Tai Chi
11:45AM	Yoga With Sarah
12:00PM	Seminar: Frauds & Scams
12:30PM	Fitness Class: Strength Training
1:10PM	Seminar: Ontario's Estate Administration Tax

This event is hosted by the Victoria Park Seniors Centre in Partnership with Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.



Funding provided by:

