

FREE



Parkdale

SENIORS ACTIVE LIVING FAIR

THE PARKDALE HALL

1605 QUEEN ST W, 1ST FLOOR

10AM - 3PM

**11 MAR
2026**

- ***FREE Lunch & Refreshments** (*Call or email us to reserve)
- **Interactive Presentations**
- **Active Living Demos including Tai Chi & Dance for Your Health**
- **Discover exhibitors providing services and programs to keep you healthy, active, and independent**
- **And much more!**

RSVP : 416-536-5534 | pgaf@rogers.com

TTC accessible & paid parking available across the street



Charitable No. 119080224RR0001

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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