

Seniors Active Living Fair

Friday, July 24th 2026

10am-2pm



Drop-In at Toronto Public Library Bridlewood Branch
2900 Warden Avenue - Bridlewood Mall Upper Level

Speakers

- 10:00 AM: Kidney & Brain Health
- 11:00 AM: Kidney Health (in Chinese)
- 12:00 PM: Stress Management
- 1:00 PM: Home Container Gardening

Activities

- Chair Yoga
- E-Connect
- Lucky Draw
- Refreshments
- And More!



All topics are subject to change

All older adults and caregivers welcome!

*Over 10 exhibits and fun
learning activities for 55+*

Bridletown Circle



Warden Ave

Finch Ave East

In Partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario