

Seniors Active Living Fair & Open House

Wednesday, September 9, 2026

9:30 am - 2:00 pm - 670 Albert Street, Ottawa

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!



FEATURING....

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 25+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

OC Transpo Wednesday
Service is free
for Seniors 65+

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

For more information contact

613-236-0428, or visit our website: www.thegoodcompanions.ca

LEARN MORE

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**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

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