



Yonge Eglinton Community Centre

Seniors Active Living Fair

Nourish and Flourish

Join us for a day of wellness and connection! Explore local resources that support healthy eating, fitness, independence, and stronger community connections while helping reduce social isolation.



Wednesday, October 7, 2026
10:00 a.m. – 2:00 p.m.
160 Eglinton Ave E

For more info contact:
Stacey G. - 416 -391-0511 ext. 237 or
olderadults@yongeeglintoncc.com

Featuring:

2 Keynote Speakers
15+ Tradeshaw Exhibitors
Food and Fitness Demonstrations
Hearing Screening Clinic
Swag Bags
Prizes and MORE!

FREE REFRESHMENTS
(while quantities last)

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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