

**FREE**



**PARKDALE  
GOLDEN AGE  
FOUNDATION**

# PARKDALE

## Seniors' Active Living Fair

**THE PARKDALE HALL**

**1605 QUEEN ST W, 1ST FLOOR**

**WEDNESDAY  
OCT 21**

**10:00AM  
TILL 3:00 PM**

**TRADE SHOW FROM 10 AM- 1PM**



### EVENT HIGHLIGHTS



- **\*FREE LUNCH & REFRESHMENTS (\*CALL OR EMAIL US TO RESERVE)**
- **FREE DIABETES TESTING & BLOOD PRESSURE CHECKS**
- **INTERACTIVE PRESENTATIONS**
- **ACTIVE LIVING DEMOS INCLUDING TAI CHI & DANCE**
- **DISCOVER EXHIBITORS PROVIDING SERVICES AND PROGRAMS TO KEEP YOU HEALTHY, ACTIVE, AND INDEPENDENT**
- **AND MUCH MORE!**

**RSVP : 416-536-5534 | [pgaf@rogers.com](mailto:pgaf@rogers.com)**

TTC accessible & paid parking available across the street



**PARKDALE  
GOLDEN AGE  
FOUNDATION**

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

Est. 1973



Funding provided by:

**Ontario**

