



APPLEGROVE'S ANNUAL

# SENIORS ACTIVE LIVING FAIR AGENDA



FREE SENIORS INFORMATION EVENT  
FOR OLDER ADULTS & THEIR FAMILIES

## SCHEDULE OF EVENTS

10:30	Free Light Breakfast and Official Welcome
11:00	OACAO Presentation (Lounge)
12:00	FREE Lunch & Welcome from elected representatives
12:45	Presenter 2 (Lounge)
1:30	Presenter 3 (Lounge)
2:00	Door Prizes & Closing Remarks
10:30 am - 2:30 pm	Information Booths & Fresh Food Market

Experience an event that opens doors to healthy, active living.

Enjoy a free light lunch, a variety of local exhibitors, guest speakers, workshops, information bag, prizes and more!

Learn about ...  
Coping with health conditions, services and programs in your area, leisure and recreation! Exhibitors look forward to providing health and wellness tips!

**WEDNESDAY MARCH 18, 2020**  
**56 WOODFIELD RD. - SH ARMSTRONG GYM**  
**10:30 AM - 2:30 PM**

For more information or to register:

call 416-461-5526 or

email [seniors@applegrovecc.ca](mailto:seniors@applegrovecc.ca)

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés





APPLEGROVE'S ANNUAL

# SENIORS ACTIVE LIVING FAIR AGENDA



FREE SENIORS INFORMATION EVENT  
FOR OLDER ADULTS & THEIR FAMILIES

## LIST OF EXHIBITORS

Applegrove Community Complex  
Araya Health & Wellness  
BIOS/Thermor  
Canada Revenue Agency  
Canadian Hearing Society  
Chartwell Avondale Retirement  
Residence  
Councillor Paula Fletcher  
Daily Dose Pharmacy  
Essity  
Hospice Palliative Care Ontario  
March of Dimes - Designability  
Marilyn the Wardrobe Doctor  
Mosaic Home Care Services  
MP Julie Dabursin  
MPP Peter Tabuns

National Ballet of Canada  
Nexus Holidays  
Ombudsman Toronto  
Philips Aging & Caregiving  
Seniors 4 Seniors  
Seniors Helpers  
Service Canada  
South Riverdale CHC  
Spectrum Health Care  
The Neighbourhood Food Hub  
The Neighbourhood Group  
Toronto International Film Festival  
Toronto Police Services  
Toronto Public Library  
Shoppers Wellwise  
Voxx Life Socks