

Active Living Fair

Saturday, August 9th 2025

10am-2pm



Over 15 exhibits and fun learning activities for 55+

Activities

- Seated Dance
- Chair Yoga
- Speaker Session
- Health Quiz
- Lucky Draw
- Refreshments

Informative Displays

- Brain & Heart Health
- Senior Friendly Tablet
- Nutrition Q&A
- Senior Income Support
- SPLC Home Support & Other Services

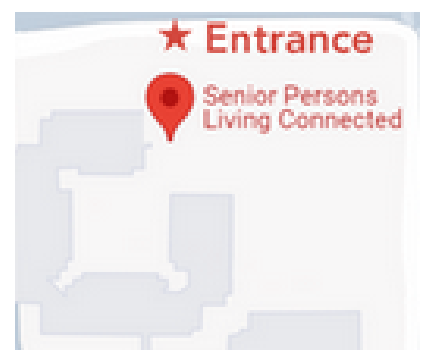
All topics are subject to change



All older adults and caregivers welcome!

Registration at Entrance "C" on
Finch Ave. East. Parking spaces
available at Bridlewood Mall
(Southeast Corner)

Finch Ave East



**Warden
Ave**



(416) 493-3333



www.splc.ca



3333 Finch Avenue East

Scarborough, Ontario

M1W 2R9

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

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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Ontario 