

Seniors Information AND ACTIVE LIVING FAIR

Tuesday, September 12 • Rockmosa Community Centre 74 Christie Street Rockwood

FREE ADMISSION • FREE SNACKS AND BEVERAGES

Exhibitor booths 1:00pm-3:00pm

Demonstrations including: Pickleball, Shuffleboard, and Healthy Eating

Seminars including: Aging safely in the New Millennium 11:30am,
Protect your Money 12:30pm, and Fire Safety for Seniors 1:30pm

For more details www.get.on.ca, or **519-856-9596 x139**.



This event is sponsored jointly by the Older Adult Centres' Association of Ontario and the Ministry of Seniors Affairs.

OACAO

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

