

VICTORIA PARK SENIOR  
CENTRE PRESENTS

# ACTIVE LIVING & RETIREMENT SHOW

FOR MORE  
INFORMATION:  
519.846.9691 X278

FRIDAY, FEBRUARY 28, 2025

10:00am - 2:00pm • Free Admission • All Ages Welcome



**CW Sportsplex ~ 550 Belsyde Ave. Fergus**

**DOOR PRIZES • GRAB BAGS • FREE REFRESHMENTS**

Health & Wellness ~ Fitness ~ Recreation ~ Travel ~ Support Services  
Financial ~ Volunteering ~ Fitness Classes ~ Seminars

<b>10:00AM - 2:00PM</b>	<b>Exhibitor Information Booths, Health Clinics</b>
<b>10:00AM</b>	<b>Seminar: Ride Well Transportation Service</b>
<b>10:15AM</b>	<b>Fitness Class: Tap Dancing &amp; Belly Dancing</b>
<b>10:30AM</b>	<b>Seminar: Wills, Powers of Attorneys and Living Wills</b>
<b>11:00AM</b>	<b>Fitness Class: Tai Chi</b>
<b>11:45AM</b>	<b>Fitness Class: Strength Training</b>
<b>11:45AM</b>	<b>Seminar: Frauds &amp; Scams</b>
<b>12:30PM</b>	<b>Hatha Flow Yoga</b>
<b>1:00PM</b>	<b>Seminar: Ontario's Estate Administration Tax</b>

This event is hosted by the Victoria Park Seniors Centre in Partnership with Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario

