

Auditorium

11:00 AM – 3:00 PM	Community & Resource Fair
11:15 AM	Welcome & Greetings
1:30 PM	Meet Dr. Adil Shamji <i>MPP, Don Valley East</i> Community Greetings
2:40 PM	Raffle Draws
2:50 PM	Closing Remarks
3:00 PM	Wrap-Up

Media Lounge

11:00 AM – 3:00 PM	Fair Check-In & Information Check-In • Surveys • Snack Bags
	Volunteer Resources & Information

Upper Studio

11:30 AM – 1:30 PM	Balance & Falls Prevention Screening
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Front Desk

11:00 AM – 3:00 PM	Membership Informaion & Program Registartion
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Lower Studio

11:50 AM–12:20 PM	Working Towards a Common Goal of Social and Emotional Health <i>Presented by Mosaic Home Care Services & Community Resource Centres</i> Learn how individuals and community organizations can work together to build stronger, more supportive and connected communities.
12:30 PM–1:30 PM	Hearing Health Check Clinic <i>Facilitated by HearCANADA</i>
2:00 PM–2:30 PM	We're Here to Support You! <i>Presented by the Better Living Intake Team</i> Learn about Better Living's programs and services, eligibility, and how to register for the support that best suits your needs.

EXHIBITOR LINEUP

- Alzheimer Society of Toronto
- Apollo Cannabis Clinics
- BesideU
- Better Living Health and Community Services
- Distress Centres of Greater Toronto
- Dr. Stacey Smith – Chiropractor
- ExcellCare
- Flemingdon Health Centre
- HearCANADA
- Ministry for Seniors and Accessibility
- Mosaic Home Care Services & Community Resource Centres
- MPP Adil Shamji
- North York ProResp
- Older Adult Centres' Association of Ontario
- Rayoak Place Seniors' Retirement Community
- Retirement Homes Regulatory Authority
- Spectrum Health Care
- Toronto Fire Services
- Toronto Public Library – Don Mills Branch
- Qualicare
- Year Round Travel Inc.

Seniors Active Living Fair

Join us for a fun-filled afternoon of social activities and networking, hosted by the Active Living team.



September 11, 2026



11:00 AM – 3:00 PM



1 Overland Dr, Toronto M3C 2C3

Meet our exhibitors showcasing:

- Community resources
- Health and wellness information
- Healthy snacks
- Giveaways



For more information, please contact our Active Living Programs team:
frontdesk@betterlivinghealth.org or 416-447-7244 ext.622



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