



Older Adult Active Living Fair

Join us for interactive displays, informative presentations, and complimentary refreshments.



Wednesday, January 18
9 a.m. to 1 p.m.

Location:

Garnet B. Rickard Recreation Complex
2440 Highway 2, Bowmanville

Fee: Free.

Registration:

Visit www.clarington.net/BeActive.
Use code 34479.

For more information, call
905-623-3379 ext. 2526.



Older Adult Active Living Fair Itinerary

Time	Workshop
9 to 10 a.m.	Learn about dementia and other brain health issues as you age with the Alzheimer Society of Durham Region.
10 to 10:30 a.m.	Learn about gender diversity and the PRIDE Community with PFLAG Durham.
10:30 to 10:45 a.m.	Watch our very own drumming students as they show off some fun rhythms they've been working on.
10:45 to 11:15 a.m.	Nutrition for Healthy Aging with Registered Dietitian, Nicole Osinga.
11:15 to 11:30 a.m.	Enjoy a few songs performed by some of our drop-in Ukulele participants and program volunteers.
11:30 a.m. to noon	Ontario's Ministry of Transportation will share tips for safe winter driving and discuss the over 80 licence renewal process.
Noon to 12:15 p.m.	Enjoy a demonstration of some of the dances you can learn in our ballroom courses.
12:15 to 1 p.m.	Safety and Security Talk for Older Adults with Special Constable Darryl Rice of Durham Regional Police Services.

Sponsored by the Government of Ontario and the Older Adult Centres' Association of Ontario (OACAO).

Funding provided by:



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