



Parkdale Golden Age Foundation  
 PROUD TO BE YOUR HOST FOR THE

P A R K D A L E  
**SENIORS**  
 Information & Active Living  
**FAIR 2020**

**Over 15 Information Booths!**

**Mini Presentations**

- Protecting Seniors from Fraud
- Coping with Alzheimer's
- Preparing for Tax Season

**Health Clinics**

- Blood Pressure
- Hearing Screening



**\* Active Living Demonstrations \***

*"Dancing for Life"* - Healthy Dance Moves for Seniors & *"Learning Chi Kung"* - part of Wu Style Tai Chi Chuan (or Tai Chi)

**Refreshments \* Healthy Light Lunch \* Draw Prizes**



**Thursday, March 12<sup>th</sup>  
 11:00 a.m. – 3:00 p.m.**

**Masaryk-Cowan Community Centre  
 220 Cowan Ave. (Lansdowne & Queen)**

For more information call PGAF at (416) 536-5534 or visit our website at [www.pgaf.ca](http://www.pgaf.ca)  
 Find us on **Facebook** [fb.me/ThePGAF](https://fb.me/ThePGAF) & follow us on **Twitter** @ThePGAF



**Parkdale Golden Age Foundation**

**OACAO**

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

Funded by:



This event is hosted by Parkdale Golden Age Foundation in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.