

55+ Aging Well Together Information & Active Living Fair

Pickering, ON, October 28, 2022

The Community Services Department is excited to host the 55+ Aging Well Together, Information & Active Living Fair taking place on Thursday, November 3 at Chestnut Hill Developments Recreation Complex. The fair is FREE for adults 55+ and runs from 9:00 am – 1:00 pm. Tickets or registration are not required.

Join us for informative presentations and demonstrations, from home & travel safety tips with DRPS, to cardiovascular health & rehabilitation with Dr Ricci. With over 25 vendors sharing resources and support services available in our community. Art will be on display from the various 55+ Art Classes taking place this fall.

This initiative will enable us to enhance services offered to residents, in order to assist in the desire to maintain a level of independence, enjoy an intellectual, physical and/or social quality of life, and so that we can continue to provide programs and services to enable participants to maintain their level of fitness, social interaction or cultural stimulation. Funding assistance provided by the Ministry Responsible for Seniors & Accessibility, through the Older Adults Centres Association of Ontario (OACAO).

We look forward to hosting you and hope that we can continue to provide the necessary support in order for us to “Age Well Together”!

For more information, visit our website at www.pickering.ca or call 905.420.4620.

-30-

As the gateway to the east GTA, Pickering (population 94,000) is strategically located where Toronto, York and Durham Regions meet. An award-winning municipality, Pickering is slated for significant economic and residential growth; offering an unparalleled quality of life for those who live, work, and play here. Its dynamic City Centre has been designated by the Province of Ontario as both an Urban Growth Centre and Mobility Hub, and continues to evolve as a preferred destination for creative learning, memorable events, and unique experiences at the heart of a vibrant, connected, and engaged community.

Media Contact:

Kim Bradley

Coordinator, Recreation Programs | Community Services Department

905.420.4660 ext. 2078

1.866.683.2760

kbradley@pickering.ca

