



SENIORS INFORMATION & ACTIVE LIVING FAIR

活躍生活資訊展覽

SATURDAY AUGUST 17 10AM - 2PM
8月17日 星期六 上午10時-下午2時

CAREFIRST CORRIDOR

10:00 - 2:00

Service Exhibitions & Charity Sales

10:15 - 11:00

Charity Walk Opening Ceremony
2 KM & 5 KM Walk

11:00 - 1:30 Let's Party

- Qigong
- Cultural Dance
- Guitar & Sing along

2:00 - 5:00 Line Dance

@Multi-purpose Room (LL)

耆暉長廊

10:00 - 2:00

服務展覽站 物品義賣

10:15 - 11:00

百萬行開步禮
2公里或5公里籌款步行

11:00 - 1:30 開派對

- 健身氣功
- 民族舞
- 大合唱

2:00 - 5:00 樂聚排舞

@Multi-purpose Room (LL)

Smart Tips for You 健康小知識



How To Maintain Healthy Knees?

如何保持膝蓋的健康?

Hearing Health

聽覺健康

Is your mobile safe from frauds?

你的手機安全嗎?

Sleeping well – develop sleep hygiene

睡得好 - 養成睡眠的衛生

Health Check Stations 健康檢查站



- Blood Pressure 血壓
- Mental Health Quiz 精神健康測試
- Hearing Clinic 聽力檢查
- Fall Prevention Assessment
預防跌倒風險評估

Happy Ping Pong
快樂乒乓



Mini Games
有獎小遊戲



Wellness Cafe
悠閒閣



Bake Sales 甜品閣
Plant Sales 盆栽亭

Enquiry 查詢

Carefirst Wellness Club 耆康社
416.847.8939



耆暉會一站式綜合服務中心
300 Silver Star Blvd, Scarborough

THIS EVENT IS HOSTED BY CAREFIRST SENIORS & COMMUNITY SERVICES ASSOCIATION IN PARTNERSHIP WITH THE OLDER ADULT CENTRES' ASSOCIATION OF ONTARIO (OCAO) AND SPONSORED BY THE MINISTRY FOR SENIORS AND ACCESSIBILITY

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OCAO

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



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