

# SENIORS WELLNESS FAIR & OPEN HOUSE

*Aging successfully, event features exhibits on health, safety, and social services information, recreational demonstrations and seminars.*



**Saturday, June 25, 2016**

**10:00 a.m. - 2:00 p.m.**

**Sackville Hill Seniors' Centre**

**780 Upper Wentworth**

**(Corner of Mohawk and Upper Wentworth)**

*Light refreshments, door prizes,  
demonstrations, seminars,  
exhibits and more!*

**For information call Sackville Hill at (905) 546-2541.**

**This event sponsored by Sackville Hill Seniors' Recreation Centre in partnership with the Older Adults Centres' Association of Ontario and sponsored by the Ontario Seniors' Secretariat.**

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





# Sackville Hill Seniors' Recreation Centre

## 2016 Seniors Wellness Fair & Open house

Saturday June 25

Information Seminars		Demonstrations	Demonstrations
Meeting Rooms		Hallway	Fitness Room
How To Recognize and Avoid Scams With the Ontario Ministry of Government and Consumer Services	10:30 am	Sackville Hill Arts and Crafts <ul style="list-style-type: none"> <li>• Scrapbooking</li> <li>• Quilting</li> <li>• Woodcarvers and Woodcarving</li> <li>• Pottery</li> </ul>	Zumba With Pam Worman
Computer Tips for Seniors With Amy Back	11:30 am		Motion N Moderation With Kathy Shafiee
Summer Trip Tips With CAA	12:30 pm		Old School Funk With Misty Temelkovski
<ul style="list-style-type: none"> <li>• Visitors are welcomed to participate in the Demonstrations and visit the Information Seminars</li> <li>• Seniors Exhibits will be on display from 10:00 am-2:00 pm</li> <li>• Tours of Sackville Hill Seniors Recreation Centre</li> </ul>			