



FREE Wellness & Information Fair



Saturday, September 7, 2019
10 a.m. to 2 p.m.

St. Andrew's Community Centre | Ajax Seniors Friendship Centre | 46 Exeter Rd.

Featured Activities:

Community Vendors • Seminars • Fitness Demos • Refreshments



Getting to the Fair is easy! Take the **FREE** Shuttle!
For shuttle bus details, or for more information
visit ajax.ca/55events

Speakers:

- Durham Regional Police Service
- Canada Revenue Agency
- Pine Ridge Memorial Gardens
- Ontario Energy Board

Fitness Demos 10-11a.m.:

- Zumba
- Yoga
- Line Dance



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Bus #1

9:15 a.m. & 12 p.m.

Pick up at Audley Recreation Centre (1955 Audley Rd. N.)

9:30 a.m. & 12:20 p.m.

Pick up at Pickering & Village Seniors Centre
(29 Linton Ave.)

9:35 a.m. & 12:25 p.m.

Pick up at Village Garden Condominiums (92 Church St.)

9:45 a.m. & 12:35 p.m.

Pick up at Post Hill (132 Kingston Rd. W.)

11:30 a.m. & 1:30 p.m.

Departures from St. Andrew's Community Centre to drop
off at above locations

Bus #2

9:25 a.m. & 12 p.m.

Pick up at Westwood Manor (960 Westney Rd.)

9:35 a.m. & 12:10 p.m.

Pick up at Harwood Manor (655 Harwood Ave. S.)

9:45 a.m. & 12:20 p.m.

Pick up at Ashley Manor (40 Kitney Rd.)

11:45 a.m. & 1:30 p.m.

Departures from St. Andrew's Community Centre to drop
off at above locations

This event is hosted in partnership with the Older Adults Centres' Association of Ontario and sponsored by the Ministry for Seniors and Accessibility.

For more information call 905-619-2529, ext. 7243 or email 55plus@ajax.ca

OACAO

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

Ontario 

Town of
Ajax
By the Lake