

# Virtual Seniors Active Living Fair

**MARCH 28, 29, 30 & 31** [active55+@cityssm.on.ca](mailto:active55+@cityssm.on.ca)

## Monday, March 28

12:30 PM Opening Remarks  
1-1:30 PM Vulnerable Person's Registry  
2:45-3:15 PM DrumFIT Demonstration  
3:30-4 PM Motion SSM



## Tuesday, March 29

1-1:30 PM Project ASAP  
(Assisting Seniors Awareness Program)  
2:45-3:15 PM Meditation & Drumming Demonstration  
3:30-4 PM Canadian Red Cross  
(learn about emergency preparedness resources)  
4-4:30 PM Collaborative Care Algoma Services

## Wednesday, March 30

1-1:30 PM Preparing for Your Future - Arthur Funeral Home  
2:45-3:15 PM Sault Ste. Marie - Seniors Mental Health  
3:30-4 PM Brain Gymnastics Demonstration  
4-4:30 PM Credit Counselling Sault Ste. Marie

## Thursday, March 31

1-1:30 PM Canadian Hearing Society  
2:45-3:15 PM Indian Friendship Centre  
(introduction & Tour)  
3:30-4 PM Mindfulness for the Daily Life- Meditation  
4-4:30 PM Laughter Yoga Demonstration

Join us virtually for a variety of informative presentations and active demonstrations.

All programs are free of charge and will be held through Zoom or phone.

To register call (705)254-6474

or visit

[http://ca.apm.activecommunities.com/saultstemarie/Activity\\_Search/11681](http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/11681)

This event is open to the community!

Participate through zoom or phone



ID:833 6800 8231

Passcode:603395

phone: 1 647 374 4685



## DOOR PRIZES

This event is hosted by the City of Sault Ste. Marie - Seniors Services in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

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**OACAO**

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