

# Seniors Active Living Fair, Cobourg

Thursday, February 29<sup>th</sup>, 2024: Vendors & Resources

Organization Name	Category	Description
Shen Yun Presenter - Falun Dafa Association of Canada	Arts & Culture	As the official Shen Yun presenter globally, will provide information on upcoming shows in Spring 2024 as well as introduce options for going to the show and connecting with potential partners for the future.
The Capitol Theatre	Arts & Culture	The Capitol Theatre will be highlighting volunteer opportunities along with all the fun and exciting happenings at the theatre throughout 2024.
Fiction Writer	Arts & Culture	An author for over 40 years with numerous published works that not only appeal to Senior's but also are of interest to their children and grandchildren.
Cobourg Public Library	Arts & Culture	The Cobourg Public Library caters to active seniors by providing various programs, resources, and services. Our Boomers & Beyond events and volunteer programming also are targeted at seniors.
Cobourg Museum Foundation	Arts & Culture	Currently operating the Sifton-Cook Heritage Centre, we have many opportunities for Seniors to get involved, from greeting visitors to helping create the annual exhibits.
Pro+Tech	Physical Health	Offering health products , braces and supports as well as massagers with new products being introduced specifically for seniors.
Cobourg Police Service	Government Services	Information on Crime Prevention related to seniors, including scams and Fraud, distraction thefts, personal safety, home safety, CPTED Audit information.
OACAO & MSAA	Government Services	Representing the ministry for seniors and accessibility resources and the OACAO non-profit provincial organization
Town of Cobourg (Emergency Planner)	Government Services	The Emergency Planner for the Town of Cobourg will be spreading the word on the new notification system app that the town is using to notify the residents of emergencies.
Watton Employment Services Inc.	Government Services	Works with seniors to support them with job search assistance, job matching with employers, training needs and financial assistance, as available.

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Ministry of Transportation	Government Services	Public Outreach and Education Office of the Ministry of Transportation. We educate on Road Safety Topics.
Soulsatime	Healthy Eating	Providing delicious, small batch Salsa produced in Cobourg. All flavours are made with fresh vegetables and fruits and contain zero chemical additives. Some sampling will be offered.
Northumberland Fare Share Food Bank	Healthy Eating	With a mission to distribute food and personal necessities to those in need throughout Northumberland. Learn about volunteer opportunities and the Support Our Seniors monthly home delivery program.
Helping Hands Northumberland	Leisure Activities	Learn how Helping Hands collect & re-purpose useful donated items, offering social time for volunteers & then deliver them to reputable groups & persons to help the community.
Probus Club of Northumberland	Leisure Activities	A social club with about 150 members who meet twice monthly as well as organize many social outings & activities.
HighFields Day & Destination Spa	Leisure Activities	A personal and private day spa where older adults will feel safe, cared for and not rushed.
Northumberland Hills Hospital	Leisure Activities	Learn about the Hospital Elder Life Program (HELP). It includes daily visits with patients, socialization activities, assistance with feeding and other needs, therapeutic activities, and exercise.
Community Health Centres of Northumberland	Leisure Activities	Community-centred primary healthcare facility serving Northumberland which delivers primary care, diabetes education, counseling, geriatric outreach, a memory clinic, dental care, and many health promotion and community activities.
Community Training and Development Centre (CTDC)	Mental Health	Not-for-profit organization operating with integrity, to provide innovative, creative, effective and sustainable solutions for both community and individuals. Focus is related to Longevity matters.
The Ryan Huffman Real Estate Team	Professional Services	Born and raised in Cobourg, Ryan of Ryan Huffman Real Estate is aiming to lead, elevate and set the standard for the next generation of Realtors

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Northumberland Hills Hospital - Auxiliary (Volunteers)	Professional Services	Supports Northumberland Hills Hospital in a number of service areas including greeting and wayfinding at the InfoDesk, patient and visitor support, providing water in care units, enrichment activities for in-patients.
Northumberland Community Legal centre	Professional Services	Assists seniors with Power's of Attorneys, wills, elder abuse, ensuring the correct benefits are received through OAS, GIS, GAINS etc.
The House Lawyer (Carrie McArthur Low LL.B)	Professional Services	Carrie is a lawyer in private practice focusing on residential real estate and creation of Wills and Powers of Attorney, and she makes house calls!
Community Care Northumberland	Professional Services	Provide services to older adults as well as volunteer positions in the community
SENIOR PROTECTION	Professional Services	Providing full GPS Personal Emergency Response Devices with Fall Detection, Two-way Communication, Panic Button Automatic Fall Detection, track Heart Rate, Find a lost loved one etcetera.
Transitions Realty	Professional Services	A team of downsizing experts and trusted Realtors® in the GTA who provide essential downsizing and real estate services to the 50+ demographic who are either transitioning into a new home or retirement community.
At The Core Home Health	Professional Services	A private homecare agency providing in home care to seniors - offer PSW, foot care, transportation, palliative and respite care.
Habitat for Humanity Northumberland	Professional Services	Affordable homeownership and home repairs programs to help community members stay in their homes. And a robust group of retired volunteers who assist in the ReStore and build site.
Flourish At Home	Professional Services	Provide support (primarily PSW, nursing and companion) to help people remain happily in their homes, often as their lives present more challenges.
RBC with Carol Gharzouzi	Professional Services	Accredited Financial Planner and Branch Manager who offer guidance on Estate Planning, importance of a Power of Attorney and Retirement cashflow mgmt.

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Sandra Dee's Consulting for Seniors and Family	Professional Services	Consulting and Navigating services to help seniors and family with the senior care industry. Remove the Confusion, Lessen the Stress and Breathe Easy.
Ganaraska Financial Credit Union	Professional Services	A full service business offering an array of personal, business and community banking packages and providing educational support on a variety of topics including financial fitness & fraud prevention.
,The Help Centre	Professional Services	The Help Centre is a not for profit organization that delivers a wide variety of services and programs that are not addressed by other government or social service agencies.
Northumberland Community Legal centre	Professional Services	Legal Centre that assists with legal questions, free Power's of Attorney and wills for low income adults. Elder abuse, scams etc.
Dynamic DownsizingG	Retirement Living	Assisting seniors and their families with the physical and emotional aspects of downsizing - decluttering, removal of unwanted items, packing, landlord coordination, moving day, & setting up new home.
Modere	Retirement Living	A live clean label of innovative health and wellness products to help those with osteoarthritis of the knee and hip. Education and samples will be available.
Victoria Retirement Living	Retirement Living	A Retirement home in Cobourg.
Compassionate Heart Home Care INC	Retirement Living	A private home care company that provides home health services to seniors in Northumberland area. Services include respite care, transitional care, nursing care, Parkinson's and Dementia care.
Palisade Gardens	Retirement Living	A retirement community located in Cobourg, Ontario, offering nursing/ PSW care, activities, meals, etc. We also have a locked unit (Harmony).
Hal's Trash/Junk Removal	Retirement Living	Removal of trash and junk with many of customers being seniors looking to declutter their environments or prepare for moves, often into assisted living.

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RoseGlen Retirement Home	Retirement Living	Independent and Assisted Living Retirement Living in Port Hope that offers a range of services & amenities to our community members and their guests.
Retirement Homes Regulatory Authority	Retirement Living	The Retirement Homes Regulatory Authority (RHRA) is a not-for-profit organization mandated by the Ontario Government to administer the Retirement Homes Act, 2010.
211 Ontario	Online Resource	<a href="https://211ontario.ca/">https://211ontario.ca/</a>
Dental Care for Low Income Seniors	Online Resource	<a href="https://www.ontario.ca/page/dental-care-low-income-seniors">https://www.ontario.ca/page/dental-care-low-income-seniors</a>
Renew a G Driver's Licence (80 years and over)	Online Resource	<a href="https://www.ontario.ca/page/renew-g-drivers-licence-80-years-and-over">https://www.ontario.ca/page/renew-g-drivers-licence-80-years-and-over</a>
Guide to programs & services for Seniors in Ontario	Online Resource	<a href="https://files.ontario.ca/msaa-guide-to-programs-services-for-seniors-fall-en-2023-01-26.pdf">https://files.ontario.ca/msaa-guide-to-programs-services-for-seniors-fall-en-2023-01-26.pdf</a>
Powers of Attorney (2021)	Online Resource	<a href="https://www.publications.gov.on.ca/300975">https://www.publications.gov.on.ca/300975</a>
Tax credits and benefits for people in Ontario	Online Resource	<a href="https://www.ontario.ca/page/tax-credits-and-benefits-people#section-4">https://www.ontario.ca/page/tax-credits-and-benefits-people#section-4</a>