



YMCA Northumberland
339 Elgin St. West, Cobourg ON K9A 4X5

FOR IMMEDIATE RELEASE

Friday, March 1, 2024

Funding provided by: **Ontario**

Seniors Active Living Fair 2024 Celebrates Community and Wellness at Cobourg YMCA

Cobourg, ON, March 1, 2024 - The Seniors Active Living Fair 2024, hosted by the Cobourg YMCA on Thursday, February 29th, brought together over 100 seniors for a day of celebration, socialization, and exploration of resources aimed at enhancing the quality of life for those aged 55+. Attendees had the opportunity to discover a wealth of information and resources from more than 40 participating vendors, as well as several presenters, each contributing to the event's success.

"It was wonderful to have so many community members come out to socialize and find ways to thrive in Northumberland, including residents, Y members, business operators, fellow non-profits and municipal leaders and dignitaries," acknowledged Eunice Kirkpatrick, CEO YMCA Northumberland. "We are thankful to our community and the dedication of all involved for such a positive day."

Special presentations by Signe Langford on healthy eating and Clifford Myers on comedic insights added educational and entertaining elements to the fair. Additionally, the first-ever "Out and Active in Northumberland Fashion Show" featured volunteer models and outfits from local organizations such as The Costume Shop, PJs Custom Outfitters, Cobourg Cougars, Port Hope Panthers, Poho Boho on Second Thought Upcycling, Haute Goat, and Play it Again Sports. The show also included delightful guest appearances by two adorable baby goats.

After the show, an engaging Drum Circle was led by Port Hope Beats musicians Lucas Marchand, Tony Washington and Angela Lang. Thanks to generous contributions from many vendors, the day ended with a raffle draw. Six lucky seniors won baskets brimming with prizes that included crocheted blankets, local event tickets, candles, chocolates, puzzles, local honey, and more – all generously donated by participating vendors.

The collaborative efforts of the YMCA's dedicated staff and volunteers were instrumental in organizing and executing the fair. Acknowledgment and gratitude were also extended to Monique Doolittle-Romas and Lina Zita of the Older Adults Center's Association of Ontario (OACAO), as well as the Government of Ontario, for their funding support and partnership in making the event possible.

In closing, the Cobourg YMCA extended heartfelt appreciation to all participants, contributors, and supporters for making the Seniors Active Living Fair 2024 a resounding success. For event details, including a list of vendors please visit ymcanrt.org/seniors-active-living-fair

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For more information, please contact:

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ABOUT YMCA Northumberland

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues— from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps countless children, teens, adults, and seniors in the community.

YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.



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