

EVENT AGENDA

SENIORS ACTIVE LIVING FAIR

10:00 a.m. – 2 p.m. | Exhibitor Marketplace Open | Gym

- Explore 30+ exhibitor marketplace, connect with community organizations, and discover local services and resources.

10:00 a.m. – 2 p.m. | Discovery Zone Open | Downstairs Studio

- Visit the **Discovery Zone** to try hands-on activities, interactive demonstrations, and opportunities to explore new interests.

10:00 a.m. – 2 p.m. | Café Lounge Open | Gym

- Take a break, connect with others, and enjoy healthy snacks, light bites, and coffee.

10:15 a.m. | Opening Remarks & Intro to the Day | Lobby

10:30 a.m. - 1:30 p.m. | Seminars & Clinics | Lobby & Gym

SEMINARS & INTERACTIVE CLINICS | LOBBY

10:30 – 11:00 a.m. | Top 10 Foods for Healthy Aging & Longevity

- Ask a Nutritionist & discover 10 foods to support healthy aging, vitality, and longevity.
- **Presenter:** Jordyn Byers, Bachelor of Nutrition and Food
- **Seminar & Q&A:** 15–20-minute presentation followed by audience Q&A

11:15 – 11:45 a.m. | Get a Grip! What Your Grip Strength Reveals

- Put your grip strength to the test! Learn what this simple measure may reveal about your overall strength, functional health, and healthy aging.
- **Presenter/Facilitator:** Eric Mejorado, Fitness Educator, Personal Trainer/Fitness Instructor
- **Seminar & Interactive Wellness Clinic:** Presentation followed by grip tests & feedback

12:00 – 12:30 p.m. | Habits for Happiness: Your Everyday Practice

- Explore simple, practical habits that can help support happiness, emotional well-being, and a positive outlook in everyday life.
- **Presenter:** Alex McPhee, Peer Support Specialist, Northumberland Hills Hospital – Community Mental Health Services
- **Seminar & Q&A:** : 15–20-minute presentation followed by audience Q&A

1:00 – 1:30 p.m. | Balancing Act: How Steady Are You?

- Balance plays an important role in independence and preventing falls. Learn the signs of declining balance, assess your stability and discover exercises to help you stay steady.
- **Presenter/Facilitator:** Eric Mejorado, Fitness Educator, Personal Trainer/Fitness Instructor
- **Seminar & Interactive Wellness Clinic:** Presentation followed by balance tests & exercises

FEATURED WELLNESS CLINICS | GYM EXHIBITOR SPACE

Connect with participating health professionals to explore important health topics, ask questions, and discover healthy aging resources.

SENIORS ACTIVE LIVING FAIR

Hear Right Canada | Earwax & Hearing Health | Drop-In Information & Wellness Clinic

- Could earwax be affecting your hearing? Learn how earwax buildup can impact hearing and when to seek professional assistance.
- **Time:** Ongoing
- **Location:** Hear Right Canada Exhibitor Booth

Northumberland Family Health Team | 2 Drop-in Wellness Clinics

- **Lung Health Check-In | Breathe Easier, Live Better Wellness Clinic:** Take a closer look at your respiratory health with a Registered Nurse. Learn about COPD, explore self-management strategies, and discover available resources and pathways to support healthier breathing.
- **Brain Health Check-In | Keep Your Mind in Motion Wellness Clinic:** Explore memory and cognitive wellness with a Registered Nurse. Learn about common concerns, everyday habits that support brain health, and resources available to help you stay informed and engaged.
- **Time:** Ongoing
- **Location:** Northumberland Family Health Team Exhibitor Booth

EVENT CLOSING

2:00 p.m. | Seniors Active Living Fair Concludes

- Exhibitor Marketplace, Discovery Zone, and Café Lounge close.

Program activities and schedules are subject to change.