

Seniors Active Living Fair, Cobourg

October 14, 2026: Vendors & Resources

Organization Name	Category	Description	Focus
Fiction Writer Linda Hutsell-Manning	Arts & Culture	Published close to 20 books (for both children & adults) of interest to seniors either for themselves or for their grandchildren. At 86, I am still writing and being published. www.lindahutsellmanning.ca	Chat with attendees and tell them about my selection of Canadian authored books
Cobourg Public Library	Arts & Culture	Public Library. We offer an array of services to seniors who are active including programming, books, DVDS, special collections etc.	Programming. Special Collections. Volunteering.
Readers' Nook	Arts & Culture	We are a community bookstore offering five ongoing book clubs (Romantasy, Mystery-thriller, historical fiction, contemporary fiction, and silent reading). We host several author and literary events throughout the year.	Focus is on the value of book clubs to meet people, be active in the community, and sometimes read outside of our comfort level for ongoing education and awareness.
Cobourg Museum Foundation	Arts & Culture	We offer opportunities to become involved in our community organization which include: Board membership, Treasurer, Secretary, Visitor Guide, Historical research, Membership secretary etc. We welcome you to join us.	Volunteer Recruitment.
Ministry of Transportation	Government Services/ Non Profits	The Ministry of Transportation (MTO) provides road safety education and outreach programs for older adults, including information on safe driving, pedestrian safety, licence renewal requirements	The Ministry of Transportation (MTO) provides education and outreach programs for older adults, Topics include safe driving, pedestrian safety, licence renewal requirements
Older Adult Centres' Association of Ontario (OACAO)	Government Services/ Non Profits	OACAO is an incorporated non-profit provincial organization and a registered charity funded by membership fees, business partnerships, educational training ventures, special projects & various revenue generation initiatives.	OACAO/MSAA is funding this event and we will be sharing Ministry & partner resources. We require a minimum 6" table please
Canadian Abilities Foundation	Government Services/ Non Profits	Charity providing education for inclusion, disability and caregiving.	Seniors education and Canada Cares Awards
Community Care Northumberland	Leisure Activities	Community Care Northumberland is a not-for-profit organization that provides nutrition, transportation, wellness, in-home and hospice services to residents of Northumberland County.	Find information about our Wellness Service Area programs as well as many volunteer opportunities within our service areas.
Northumberland Hills Hospital	Leisure Activities	NHH is the proud home of one of the most active hospital auxiliaries in the province. For over 101 years volunteers have been helping to deliver quality health care in west Northumberland in 13 different areas of service.	Share the many available options for residents to be engaged in their community through volunteering. Includes board work, Patient and Family Advisory Council, Auxiliary retail, patient experience and more!

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Cardinal Lakeshore Tour	Leisure Activities	Cardinal Lakeshore Tours has been providing worry-free travel for active seniors in the Clarington, Durham, Kawartha and Northumberland regions for over 30 years!	Explaining the benefits of group travel to seniors in the area and promoting some exciting tour outings we have on offer to people out and socializing!
Helping Hands Northumberland	Leisure Activities	Helping Hands Northumberland is a volunteer group who collect and repurpose useful, unneeded items and deliver them to close and distant reputable groups or person who are in need. Meetings held the 1 st & 3 rd Tues monthly.	The focus will be on items that our volunteers make for Seniors /Retirement Homes, hospitals, and hospice. Ideas also discussed regarding items to make at home + demo how milk bag mats are made.
Ontario Caregiver Organization	Mental Health	The Ontario Caregiver Organization is a registered charity, providing a range of free programs and services supporting unpaid caregivers across Ontario. Our focus is on mental wellness and preventing burnout.	Provide information about our programs and services, including flyers, toolkits and other caregiver resources. Staff will answer questions and direct attendees to supports.
Ontario Health Team of Northumberland	Mental Health	The OHT-N is a collective of health and social service providers, patients, and caregivers working together, to provide coordinated services and supports to meet the health needs of Northumberland patients and caregivers.	Handing out resources, talking about Health Care Connect, directing to supports available in the community
Watton Employment Services	Professional Services	Watton Employment Services offers job search support, career counselling, résumé and cover-letter assistance, interview preparation, skills training, and employer connections for individuals seeking employment.	Offering support, resources, and guidance to help seniors stay active, engaged, and connected to employment, volunteering, and community opportunities.
Carevo Home Healthcare	Professional Services	Carevo Home Healthcare provides personalized home care, personal support, nursing, respite, dementia care and homemaking services, helping clients live safely and independently.	How to navigate next steps for aging and options, from Ontario Health at Home support, to government programs to private care for gaps.
Northumberland Community Legal centre	Professional Services	We are a Legal clinic providing free legal information and representing low income individuals in Northumberland County for free.	Legal Information
InspiAIR Cobourg	Professional Services	InspiAIR Cobourg is a locally owned and operated home medical company that services the region. We specialize in Home Oxygen and CPAP therapy.	Focus on brand awareness and displaying our new quieter oxygen units and the smallest portable oxygen systems on the market.
Expedia Cruises	Professional Services	An experienced travel professional who treats all clients as individuals. Knowledge includes accessible travel, solo travel, women's only travel and group travel.	Travel Safety and choosing appropriate itineraries is always the goal with any trip.

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Kawartha Vision Care	Professional Services	We are a local independent full service optical. We provide eye exams on site as well as sell and fully service eye glasses.	Providing eye glass cleaning as well as simple adjustments at their own risk. Also look for other information as well as answer any questions.
Hear Right Canada	Professional Services	Our focus is to educate anyone who is interested in their Hearing Health. Talk about services we provide at our office...Hearing Tests, Hearing Aids, Hearing Protection, Tinnitus, Wax Removal, Communication, etc.	Education on Hearing Health & learn about the services provided. Which include: Hearing Tests, Hearing Aids, Hearing Protection, Tinnitus, Wax Removal, Communication, etc.
Community Training and Development Centre	Professional Services	CTDC creates evidence-informed learning opportunities that strengthen skills, support career growth, and respond to evolving labour market needs through podcasts/resources by working with employers, researchers, educators, and community partners.	Older adults are integral to a child's early learning and brain development. Investment in "Brain Capital" strengthens cognitive, emotional, and social capacities resulting in stronger communities, productivity, and economic growth.
Ryan Huffman Real Estate	Professional Services	Real Estate	Down Sizing Advice
At The Core Home Health	Professional Services	We are a private homecare agency providing psw and nurses	Education, awareness and different types of services explained
Compassionate Heart Home Care INC	Professional Services	A local home care company serving adults and seniors in need of care services. Our services span from respite care, in home nursing, Palliative care and post-operative recovery.	Information shared about our services, and local resources available for seniors to utilize.
Transitions Seniors Downsizing & Estate Service	Professional Services	Transitions Seniors Downsizing & Estate Services is a real estate brokerage focusing exclusively on downsizing for seniors and people 55+.	Decluttering and downsizing real Estate
Rosewood Estates Retirement Living	Retirement Living	Independent Supportive Living	Community awareness
Mistral Group	Retirement Living	At mistral Group, we believe where you live matters, building for all ages and stages of life. Offering new rental developments in the Cobourg area for older adults.	Providing information on the two new builds that are coming in 2026-2027 which is EV Six Townhomes and Belle Station 55+ and about future builds.

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Canadian Snowbird Association (CSA)	Retirement Living	A 100,000 member national not-for-profit advocacy organization. It is dedicated to actively defending and improving the rights and privileges of Canadian travellers.	Provide updated information on worldwide travel requirements & important tips for travellers.
Senior Helpers of Northumberland	Retirement Living	Senior Helpers of Northumberland provides in home care for aging seniors to be able to live happy, healthy and safe in their homes	Living happy and healthy at home safely
PROBUS Club of Northumberland	Retirement Living	We invite retired or nearly retired adults to join us at the Cobourg Lions Centre on the 2nd and 4th Thursdays each month for coffee, conversation, exciting guest speakers, and updates on many fun and exciting upcoming outings & activities.	Offering information, both verbally and with handouts, to describe what our vibrant club has to offer, as well as promoting the message that new members are welcome & include a draw for a free 1 year membership.
Flourish At Home	Retirement Living	Provides supports to seniors in their home to help them live safely and independently at home. We help with personal care, medication cueing, meal prep, laundry, house cleaning, companionship, rides, and much more.	We will focus on building awareness and answering questions from Fair attendees.
Palisade Gardens	Retirement Living	We are a retirement home in Cobourg. Offering assisted living as well as independent living.	Advertising what Palisade Gardens has to offer to the older adult population. Highlighting our fitness programs.
Dynamic Downsizing	Retirement Living	Assisting older adults with the physical and emotional aspects of downsizing and relocating: decluttering, purging, organizing, distribution of unwanted items. Sorting, packing, unpacking, arranging movers, dump runs and more...	Spreading the word about my services to seniors in Northumberland County.

RELEVANT ONLINE RESOURCES FOR SENIORS

- 211 Ontario: <https://211ontario.ca/>
- Dental Care for Low Income Seniors: <https://www.ontario.ca/page/dental-care-low-income-seniors>
- Guide to program and services for Seniors in Ontario (2022): <https://files.ontario.ca/msaa-guide-to-programs-services-for-seniors-fall-en-2023-01-26.pdf>
- Powers of Attorney (2021): <https://www.publications.gov.on.ca/300975>
- Renew a G driver's licence, 80 years and over: <https://www.ontario.ca/page/renew-g-drivers-licence-80-years-and-over>
- Tax credits and benefits for people in Ontario: <https://www.ontario.ca/page/tax-credits-and-benefits-people#section-4>