



APPLEGROVE COMMUNITY COMPLEX

60 Woodfield Road, Toronto, Ontario M4L 2W6

Tel: 416-461-8143 Fax: 416-461-5513

www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”



Seniors' Health Fair

*Join us for an exciting day of health information
and active living for older adults*

Information on:

- Health and fitness
- Living with Chronic Illness
- Retirement and Travel
- Safety and Fraud
- Information on recreation activities
- Ontario Tax Benefits and Credits
- Healthy Cooking Demo at 12 noon
- Line Dancing Demo at 1 p.m.
- Complimentary lunch, tea and coffee
- Door prizes and information packages



Official Opening by MPP and Applegrove

Friday, February 17, 2012

10 a.m. – 3 p.m.

Free Admission

Applegrove Community Complex (Woodfield Gymn)

60 Woodfield Road (Queen and Coxwell)

For more information, please call (416) 461-8143

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

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



Charitable Number: 10671 8943 RR0001