

# Live It Up



## Seniors' Expo 2011

### Active & Healthy Lifestyle Resources for Seniors

Wednesday, June 22, 2011, 9:30 am - 3:30 pm

North Toronto Memorial Community Centre, 200 Eglinton Avenue West

Keynote Speaker:

Carol Gamble of Volunteer Toronto

Volunteer Opportunities and Resource Information Fair

Workshops: Social Networking ♦ Balcony Gardening

Presentations: Healthy Cooking ♦ Tai Chi & Qui Gong

Special Dancing and Singing Performance by Seniors

This project is funded in part by  
the Government of Canada's  
New Horizons for Seniors program.



In partnership with:



A United Way member agency

# Live It Up

Expo 2011



Active & Healthy Lifestyles for Seniors

## PROGRAM

Doors open @ 9:30 am Complimentary coffee and sweet treats provided.

Come to Learn, Inspire, Volunteer, and Enjoy!

Welcome	Anita O'Connor, POINT Board & Event Chair	10:00 am
Program Introduction:	Diane Werner	
"Seniors and Volunteerism"	Carol Gamble of Volunteer Toronto Coordinator	10:10 am
Volunteer Opportunities and Resource Information Fair	Tour the Fair!!	10:30 am
Social Networking For Seniors Workshop	POINT and Elder Technology Assistance Group	10:45 am
Lunch / Entertainment / Presentations	Vida Stevens, M.S., R.D. - "Bon Appetit" Stir Fry Demo Korean Seniors of Toronto - Drumming and Singing Markham Filipino Heritage Group - "Pandanggo" Dance Dixon Hall Seniors Dancing Group - Lion Dance & Xin Jiang Dance Taoist Society of Canada - Tai Chi & Qui Gong	12:00 pm
Balcony Gardening Workshop	Hank De Jong, Sheridan Nurseries	2:30 pm
Door Prizes Draw and Expo Closing	Anita O'Connor, POINT Board & Event Chair	3:30 pm

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POINT's 43<sup>rd</sup> Annual General Meeting follows at 4pm @ the Committee Room, 2<sup>nd</sup> Floor

Guest Speaker: Syrelle Bernstein, Director of Volunteer Services, Baycrest Centre

Topic: "The Bravo Study" Baycrest Research About Volunteering Among Older Aldults