



# Community Centre 55 Presents...

## SENIORS ACTIVE

## LIVING & LIFESTYLES FAIR

### Beaches Sandbox

2181 Queen St. East



**FREE REFRESHMENTS AT OUR CAFÉ 55 LOCATED IN THE OPEN LOUNGE!**

### **Active Classes & Presentations– Lee Studio**

**Mind on Movement (Presented by: Samantha) 10:00 am—10:45 am**

Learn the latest in cutting edge science about your body and how to feel better no matter your age! Gentle and easy to do techniques with heart focused breathing and small precise movements, designed to help with stress, pain, fatigue and trouble sleeping.

**African Drumming Performance & Circle 11:00 am— 12:00 pm  
(Presented by: Saikou, African Drums And Arts Crafts, Inc.)**

Dance along or simply enjoy a lively interactive African drumming performance by Saikou. Explore the musical art of the traditional drumming circle and embrace the rhythm!

**Dynamic Stretch (Presented by Janice May) 1:00 pm— 1:30 pm**

Warm up or wind down with some Yoga and Pilates inspired movements for strength and stretching.

**Groove Fit (Presented by Janice May) 1:30 pm—2:00 pm**

This class is a full body workout incorporating four main elements:

- ~Cardio fitness based movements set to popular music to increase heart rate and blood flow
- ~Strength training for upper and lower body
- ~Core exercises to strengthen the abdominal and back muscles
- ~Balance, flexibility and stretching

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### **Presentations – Paul's Workshop**

**Downsizing Divas (Presented By: Angela Newbery) 10:15 am—10:50 am**

In March our favourite theme is "don't just spring clean...spring clear". Our goal is to help people determine what they need, and what isn't necessary and taking up space in their homes. This year we will be focusing on the kitchen. So let's open up those cupboards and drawers and get rid of those items you simply are no longer using!

**Hearing Aid Source (Presented By: Edmond Ayvazyan) 11:00 am— 11:50 am**

Don't ignore the signs of hearing loss and miss out on all the great conversations, music and sounds that we love so much. Enjoy this informative presentation about how we hear, how hearing aids work, and why sometimes hearing aids aren't effective. Let Edmond answer all of your important questions!

**Cyber Safety ( Presented By: Lydford Alexander Butler) 12:00 pm—12:45 pm**

Scammers view seniors as soft targets for online fraud. Learn valuable hints and tips to protect yourself on the internet. This presentation will provide you with valuable information on how to protect yourself online and current threats, including, Phishing emails, secure passwords/log in, using public Wifi, virus and malware, dating scams, identity protection and much more.

**Memory Boosting Techniques (Presented By: Patricia McCully) 1:00 pm—1:45 pm**

Learn practical, proven methods to improve memory (for names, places, to-do lists, facts, conversations and more). Come and sharpen your focus through this interactive presentation with practical solutions!



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OACAO

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



### Cooking Workshops – Leuty Studio Kitchen

#### Cooking 101

**Easy Meals (Presented By Chef Ava Chilelli) 10:30 am – 11:30 am**

Learn how to make a crowd pleasing, nutritious meal that comes together in no time!  
The menu will include Chicken Lettuce Wraps & Asian Slaw

#### Cooking 101

**Delicious and Nutritious! (Presented By Chef Ava Chilelli) 12:30pm– 1:30 pm**

Learn how to make delicious and nutritious Chocolate Banana Zucchini Muffins!

### Featured Exhibitors—Queen Studio

**10:00 am - 2:00 pm**

Approved Healthcare  
Beaches Sandbox  
CHARTwell Retirement Residences  
Community Centre 55  
Downsizing Divas  
Dynamic Downsizers  
East End Community Health Centre  
Hear Canada  
Hearing Aid Source  
Hearing Life Canada  
Insuranceland  
Laughter Seasoning Yoga  
Mind on Movement  
Mosaic Homecare  
Move Seniors Lovingly  
M.P. Nathaniel Erskine-Smith  
MPP Mary Margaret Mahon Rep.  
OACAO/Ministry (MSSA)  
Retirement Suites by the Lake  
Seniors Safety Line  
The Neighbourhood Group  
Toronto Library- Beaches Branch  
Toronto Police Services  
Transitions Realty Inc.  
Unity Health Toronto - St. Michaels Hospital