

The Pros Know 55 Plus Active Living & Resource EXPOS

Bringing Resources to our Older Adult Population for Better Aging & Happier Living!

2024 Expos best bet Supports for Seniors!

Show-Time is coming Soon!

Well, April 25th approaches fast it does. We're all pretty excited here at PKE. All the hard work is about to start paying off and everyone involved in this years shows is ready and willing! Some nice changes to things as we've mentioned the past number of months. To have the likes of Active Aging in Manitoba, A&O Support Services for Older Adults, 211 Manitoba, Long Term & Continuing Care Manitoba (LTCAM) the WRHA Senior Resource Finders and

The Manitoba Association of Senior Communities heading up the Organizational cream of the crop is a blessing indeed.

The Winnipeg Police Service Crime Prevention Unit, the folks from PEAM (Prevent Elder Abuse Manitoba) and the incomparable Victoria Lifeline peoples with us solidifies our base presenters.

Something new for everyone, that which is so badly needed, Service Canada and the CRA (Canada Revenue Agency) Outreach Teams are at all shows to answer your questions and help you navigate their systems easier. We can't thank them enough for being here for all of us. Over due me thinks! More?

Of course, we also have our strongest group of Senior Friendly businesses to date at the shows. Starting off with these amazing folks in our Sponsors category: Comforts of Home Care, The Courtyards at Linden Pointe, Diamond Athletic & Medical Supplies, KLD Law, Josh with Royal LePage Real Estate

Top Producers and The Seniors Moving Company. Many of these awesome humans have been with us from the very start showing their never ending commitment to you and our collective community.

In short, we're feeling mighty blessed to have these folks anchoring our six shows around the city this year. When you add to the equation that at four of the six shows we are proud to have A&O Support Services for Older Adults holding Noon - 1:00pm informational navigation seminars on all the services they have for you, Wow! They have been around these parts since 1957 helping our community, yup! Outstanding!

While you visit the various shows this Spring and Fall, please plan to spend some serious time. These people are experts in their fields, second to none! They have the gift of talking to and with us and not 'At us!'. They know how to listen, analyze and suggest solutions to problems in straight-up terms. Sweet!

We also want to help you and your family, friends, neighbors spread the word about the shows. For those of you who are a little computer savvy, please go to our website at: www.prosknowexpos.ca to download posters and brochures. If you'd like us to deliver posters and brochures to your building, please email us at prosknowexpos@gmail.com. We will gladly deliver to you at no charge.

For those who live in Seniors Residences and have a bus available, please contact us to arrange a tour time at the shows. We will greet you at the door, provide our mini-guest bags to your entourage and introduce you to the room. Yes, the 'Royal Treatment'. This is an excellent way to help your neighbors in your building while doing the same for yourself.

Lastly, thank you. This year we present shows number 19 - 24. And yes, we celebrate our 24th show this year! Wow! See you soon! Trish & Rick!



Spring Shows 2024 Show Times: 9:30am to 2:00pm Daily!



Thursday, April 25th | North End
Sgt. Tommy Prince Place
90 Sinclair Street
Venue Host: A&O Support Services

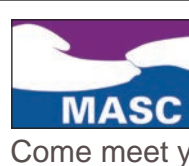


Seminar Series:
12:00pm - 1:00pm
Thursday, April 25th
Thursday, May 30th

These one-hour sessions will provide an overview of the programs and services A & O offers...



Thursday, May 23rd | Charleswood
Charleswood United Church
4820 Roblin Blvd.
Venue Host: Active Aging in Manitoba



Manitoba Association of Senior Communities

Come meet your Senior Centre Reps!

Come meet your local Senior Centre contacts & learn about the amazing programs they offer!



Thursday, May 30th | Fort Rouge
Fort Rouge Leisure Centre
625 Osborne Street.
Venue Host: Seniors Moving Company



Seniors Resource Finders
Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

Looking for specific resources to improve your quality of life? These are one the folks to talk to...

Our Amazing Sponsors:



Joshua Neustaedter Barg
ROYAL LE PAGE
Top Producers Real Estate



Service Canada

Will be at all our shows to help you with the following and more...

Canada Dental Care Plan

Canada Pension Plan

Canada Pension Plan | Disability

Canada | Old Age Security

Canadian Passports

Social Insurance Numbers

Guaranteed Income Supplement

Employment Insurance

CRA will be joining us as well to answer questions!

Some of our Outstanding Exhibitors & Resources!



Manitoba Association of Senior Communities



Visit prosknowexpos.ca for 2024 dates, locations & On-Line resources for Seniors!