



The Manitoba Association of Senior Communities is here to provide Older Adults in Winnipeg and Manitoba with as many resources as possible to improve our quality of life, 55 and beyond! **Please pay them a visit. To learn more; www.manitobaseniorcommunities.ca**

As mentioned, please visit each of our MASC Venue Hosts for information on their programs available in your area!

Senior Scope

News For and About Boomers & Seniors

We are so pleased to have the fine folks from Senior Scope Newspaper as our 'Print Sponsor' for the Expos. Please check out Senior Scope 'On-Line':

www.seniorscope.com



Available At Various: Grocers, Restaurants, Senior Centres, 55+ Complexes, Apartments, Condos, Libraries, Hospitals and by subscription!

You can read our monthly Pros-Know Expos Column and get your updates here.

Our Amazing Sponsors:



Joshua Neustaedter Barg



Long Term & Continuing Care Association of Manitoba

We can't thank these folks enough for stepping up to help us present these shows to you in your neighbourhoods!

Please visit them at our shows and see the magic they bring to our community!

more information and links to our Sponsors by visiting:

www.prosknowexpos.ca

The Pros Know

55 Plus Active Living & Resource EXPOS

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



We welcome all peoples of all ages!

Fall Shows
2024
Min. 25 Exhibitors!

Senior friendly Organizations & Businesses dedicated to the well-being of our 55 Plus Community!

Looking for information in the 'Now'? Check out our On-Line Information Hub!

www.prosknowexpos.ca

The Pros Know **55 Plus** Active Living & Resource EXPOS **2024**

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



What will you see at the Shows?

Venue Hosts



Fall Shows 2024



Four Fall Shows

25+ Exhibitors including:
 Assisted & Independent Living
 Active Aging & Well-Being
 De-cluttering & Moving Pros
 Fall Protection Services
 Senior Friendly Real Estate
 Home Care Specialists
 Foot Wear Specialists
 Seniors Supports Services
 Service Canada Programs
 Senior Resource Finders
 and so much more...



Emergency Response Information Kits & more for Senior well-being!



Thursday, September 19th | Garden City
 Garden City Community Centre
 725 Kingsbury Avenue.
Senior's Host Group: Garden City 55+ Program

Wednesday, September 25th | E.K.
 Good Neighbours Active Living Centre
 720 Henderson Hwy.
MASC Host: Good Neighbours Active Living

Wednesday, October 23rd | St. Vital
 Dakota Community Centre
 1188 Dakota Street
MASC Host: Dakota Seniors 55+

Friday, November 1st | Fort Garry
 Fort Garry Mennonite Brethren Church
 1771 Pembina Hwy.
MASC Host: PAL 55+

What are PKE Venue Hosts?

We are pleased this year to have these fine Organizations and Senior Friendly Businesses stepping up to be our 'Venue Hosts' at each show as listed above! They each have an outstanding track record and legacy in the pursuit of 'Older Adult' well-being and care. They are true leaders in our community!



Support Services for Older Adults
2024 Event Presentations

Please join us on these dates from **12:00noon - 1:00pm** as the incomparable folks at A&O Support Services for Older Adults discuss some of the most important topics and areas of opportunity affecting Older Adults.

These pillars are: **Safety & Security, Social Engagement and Counselling.** These one-hour sessions will provide an overview of the programs and services A&O offers.

Show Times: 9:30am - 2:00pm | Exhibitors Lists at: prosknowexpos.ca