



Active Living & Resource Expos

2026 Show Dates & Locations

Four more Pros Know Expos in 2026. | Details at: [prosknowexpos.ca](http://prosknowexpos.ca)  Yup! Free!

## Step 2: Introducing the *NEW Cool Stuff* for 2026!

### *Everyone Likes Cool Stuff!*

Happy February everyone! Aaaah, the month of 'Love'. The love of life, the love of your life, family, friends, pets, community and of course 'Cool Stuff'! So believe when we say, we've got some really cool stuff, we mean it!

With each new year, we try and bring something(s) new to the shows. Things that will undoubtedly improve lives, make us healthier and happier. This year though is exceptional. Many folks have stepped up to new levels of caring and sharing, and we can't wait any longer to share these with you.

In no particular order, here we go; the always fun bunch with Diamond Athletic and Medical Supplies, up their game. For all four shows this year, they are offering 'FREE' Walker Tune-Ups! Yup, like taking the car to the drive-thru oil change guys, you can bring your four wheeled bestie in for some love. While in 'Pit-Row', you can take a look around the show at all of the other amenities we have for you this year as well.

Thanks to the awesome and caring folks at Red River Co-op Food Stores, we are going to be handing out 200+ cloth bags (Black & White small grocery) as our guest bags each show. These bags will include the current Senior Scope newspapers, brochures, info-cards and so much more. These re-usable grocery bags are always a welcome addition.

As in the past, we are encouraging our Exhibitors to hold various prize draws at their tables, as well as having their great resources materials, cool marketing stuff and more you can add to your guest bag. More? Yup, much more...

We are in the process of setting up three more special services clinics for each show. Things that we can all appreciate. One of the most sought after, eye glasses tune-ups too. Our peeps from 8 of our local 'Specsavers' store here in town will be at each show too. More info on this in the March Senior Scope. For now, please visit our website for updates at: [prosknowexpos.ca](http://prosknowexpos.ca). *Thank you to all, so dang exciting! Trish & Rick!*



The  
Pros Know 55+  
Active Living & Resource Expos

Show Times: 10:00am - 3:00pm

**North End** | Sgt. Tommy Prince Place  
90 Sinclair Street  
Wednesday, May 20th, 2026

**Theme:** Active Aging in Place



**Charleswood** | Charleswood United Church  
4820 Roblin Blvd.  
Wednesday, May 27th, 2026

**Theme:** Community Services Access



**Fort Garry** | Fort Garry Mennonite Brethren Church 1771 Pembina Hwy.  
Wednesday, September 23rd, 2026

**Theme:** Wills, Estates & Power of Attorney



**St. Vital** | Dakota Community Centre  
1188 Dakota Street  
Thursday, October 1st, 2026

**Theme:** Fraud & Scam Prevention



**Free Walker  
Tune-Up Clinics**

Some restrictions may apply!

See the full list of 'NEW' Cool Stuff for 2026 on our website;  
**Yup! Cool Stuff at: [prosknowexpos.ca](http://prosknowexpos.ca)**