



The
Pros Know 55+
Active Living & Resource Expos

2026

Show Dates
& Locations



Yup! Free!

Four more **Pros Know Expos** in 2026. | Details at: prosknowexpos.ca

Step 4: The Planning and Preparing to Attend a Show!

Shows Start Next Month!

Happy Spring... Seriously, it's going to be a 'Happy Spring'! The fresh smells of rebirth, warmth, spring rains, Oh My! And...our Spring Expos coming in May!

I can't wait for them myself. We are so excited about all the new things we've been talking about that are coming in 2026 for everyone. The shows have never been this good actually.

This month, we'd like to give you a little help in planning and preparing to come to the shows. These little tips will go a long way to making your visit(s) that much more meaningful and practical. If you're not computer savvy, ask a family member or friend who is, to help you with this. It might even *help them*.

So, let's go to prosknowexpos.ca. Here you'll immediately see the listing of all shows, dates, times and locations. This is just the tip of the iceberg. You have downloadable and printable posters, brochures, Sponsor & Exhibitor listings and tons, *I mean tons*, of seniors resources, just waiting for you.

I say this with all sincerity, once you've been to the site, you will mark it and will keep coming back. There is so much there for you and yours to improve your quality of life. Now back to point, sorry. Simply pick a show, four different dates and locations around the city. Download a brochure and even the (Soon to be available) room guides to see who is at that show. After you've reviewed those details, you can check off which tables you'd like to visit on each date.

May 1st and September 1st, we'll also have printed copies of the show guides you can pick up in person, in advance. There you go, some simple tips and planning options for you to attend.


Please remember; we'll have our four specialty clinics: Walker Tune-Ups, Eye Glass Tune Ups, Foot Sizing and Blood Pressure Clinics there for you. So easy for you to plan and prepare to attend. More details next month in our 1/2 page advertisement for the shows...

Hope to see you there! *Thank you to all, and stay well! Trish & Rick!*




Pros Know 55+ Show Times: 10:00am - 3:00pm
Active Living & Resource Expos

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



Visit our website to get the up to date listings of Exhibitors and show posters for printing!

Show information at: prosknowexpos.ca