



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](http://www.manitobaseniorcommunities.ca)

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



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](http://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](http://www.prosknowexpos.ca)

# The Pros Know

## 55 Plus Active Living & Resource EXPOS

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



Fall Shows  
**2024**  
Min. 25 Exhibitors!

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

We welcome all peoples of all ages!

Where your well-being is a priority!

Looking for information Now?  
Check out our 'On-Line  
Information Hub':

[www.prosknowexpos.ca](http://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.  
**MASC Host: Gwen Secter Creative Living**

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](http://prosknowexpos.ca)**