

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 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



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:





COURTYARDS







Seniors Moving Company

Joshua Neustaedter Barg

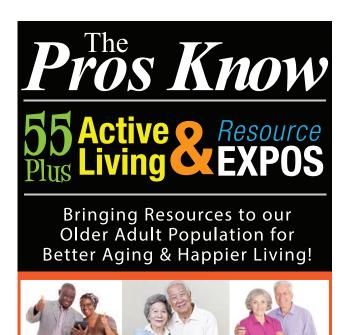


We can't thank these folks enough for stepping up to help us present these shows to you in your neighbourhoods!

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





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

Pros Know 55 Active Resource 2024 Bringing Resources to our Older Adult Population for Better Aging & Happier Living!

What will you see at the Shows?

Venue Hosts

Comforts

of Home

Care



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...



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!



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