



The Pros Know 55+

Active Living & Resource Expos

Sgt. Tommy Prince Place
90 Sinclair Street



**FREE
ADMISSION
FREE**

SPRING SHOW No. 1
Wednesday, May 20th, 2026

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



Show Theme:
**Active Aging in
Place!**



**Senior Friendly
Organizations & Businesses!**

Providing resources to
improve your way of life
and general well-being!

30+ Exhibitor & Resource Tables
www.prosknowexpos.ca