



For Immediate Release
May 25, 2017

City of Belleville's Seniors' Showcase & Information Fair June 7, 2017

BELLEVILLE – The City of Belleville is pleased to invite all 50+ adults, spouses and caregivers to the 6th Annual Seniors' Showcase & Information Fair on Wednesday, June 7, 2017 from 10:00 a.m. – 2:00 p.m. at the Quinte Sports & Wellness Centre.

This free event is hosted by the City of Belleville, Recreation, Culture & Community Services, in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry of Seniors Affairs (MSA). With the support of these community partners, the City is able to provide the Fair at no cost to attendees and non-profit organizations. "The Fair has grown in size over the past five years and we are pleased to provide this great resource to our community," says Karen Weichenthal, the City's Recreation Programmer for Older Adults.

There will be a wide variety of businesses and organizations among the more than 70 confirmed exhibitors, ensuring that attendees will find plenty of information on the many different organizations and businesses available in our community. All activities will be housed on the main floor at the Quinte Sports & Wellness Centre in Mackay Insurance Arena, the Gymnasium and Belleville's 50+ Centre. Complimentary light snacks will be provided in the Gymnasium.

Seminars will start at 10:00 a.m. and will continue until 2:00 p.m. with a line-up of speakers who will provide information on a wide variety of topics that will be of interest and relevance to older adults.

The topics include:

- It's Not Right! Starting the Conversation - Elder Abuse Ontario
- Falls Prevention/Tips & Exercise - VON
- Get Your Money! Understanding Ontario Credits and Benefits for Seniors - Ontario Ministry of Finance
- Travel Tips for Savvy Seniors - Maple Leaf Tours
- Ladies Fashion Show - Julia's Women's Wear with Kellie

Throughout the day, there will be demonstrations of the older adult fitness classes available through the City of Belleville's Recreation Programs, including Stretch & Strengthen, Chair Yoga, Tai Chi/Qi Gong, Exercising to the Oldies, Tone & Sculpt, Diabetic Exercise and Bands & Balls. Participants are welcome and encouraged to join in and participate in these hands-on demonstrations.

For more information call the Recreation, Culture & Community Services Office at 613-966-4632.

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