

# Seniors Active Living Fair - Agenda

## <長者資訊 – 活躍健康生活博覽會> 活動表

**Date:** Wednesday, March 11, 2026

**Time:** 10AM to 2PM

**Location:** 23 Grange Road, Toronto

日期: 2026 年 3 月 11 日, 星期三

時間: 上午 10 點到下午 2 點

地點: 嘉蘭中心 (23 Grange Road, Toronto)

Time 時間	Activity 活動內容
9:30 AM - 10 AM	Participating Agencies Sign-in and Set-up 博覽會參與機構簽到
10:00 AM - 2:00 PM	Trade Show 展覽會
10:00 AM - 12:00PM	Crochet Workshop 鈎織工作坊及示範
10:05 AM - 10:30 AM	Welcome Address and Land Acknowledgement (Executive Director, University Settlement - Raymond White) 歡迎致詞和原住民土地確認 (嘉蘭中心執行總監 Raymond White 先生)  Special Guests Remarks  Message from Minister, Seniors and Accessibility - Raymond Cho (Read by Director, Language, Settlement and Social Services, University Settlement - Arunthathy Ratnasingham) 老年人及無障礙部 部長 Raymond Cho 先生歡迎致詞 (由嘉蘭中心語言, 安家及社會服務部門 總監 Arunthathy Ratnasingham 女士閱讀)
10:40 AM - 11:25 AM	Presentation: Chronic Disease Prevention & Management 講座: 疾病預防及管理
11:25AM - 12:00PM	Dance Performance & Simple Dance Workshop 舞團表演及舞蹈教學
11:30 AM - 12:30 PM	Lunch Snack & Refreshment 中午餐點
12:30PM - 2:00 PM	Mini Painting Project 一起畫畫時段
1:00 PM - 1:45PM	Presentation: Senior's Services at Toronto Public Library 講座: 多倫多圖書館長者服務項目
1:50 PM - 2:00 PM	Closing Remark 結束語

The Seniors Active Living Fair is hosted by University Settlement in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

本次活動是由嘉蘭中心與安大略省老年人中心協會合作舉辦, 由安大略省政府提供資金。



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