



2026 FOREVER *Young* LIFESTYLE SHOW

**Tuesday May 12,
10am-6pm
Harmony Event Centre
1011 Bloor St. E.,
Oshawa**

FREE ADMISSION • FREE PARKING

DISCOVER THE LATEST IN RETIREMENT LIVING, ENTERTAINMENT, RECREATION, TRAVEL, HOME IMPROVEMENT, ESTATE PLANNING, FINANCIAL SERVICES AND MORE.

SHOW SCHEDULE

Join us at the Seniors' Lifestyle Show for a curated series of expert-led seminars.

EXPERT ADVICE:

Insights on health, travel, and more

LIVE Q&AS:

Get your questions answered in real-time

PRACTICAL TIPS:

Simple strategies to enhance your daily life

Don't just plan for the future—thrive in it.

Grab a seat, get inspired, and discover the tools to live life on your terms!

10:15	Greetings	Mayor Dan Carter Rhonda Kirkland MP	
10:30	Positive Thinking: A Powerful Self-Management Tool	Diana McDonald	Ontario Health at Home
11:00	Line Dance Demo: Join along in the fun!	Karen Preston	OSCC55+ Instructor
11:30	Discover Forest Bathing	Randi Micklewright	Guided Forest Therapy & Nature Connection
12:00	How Posture Shapes the Way We Move, Think and Age	Dr. Sheila Keber	Founder and Chiropractor at Peak Health & Wellness in Brooklin
12:30	Her Heart Matters: Women's Heart and Vascular Health	Dr. Yenny Rodriguez	Canadian Women's Heart Health Alliance
1:00	Day tripping in Ontario and Small Group Global Travel	Kris Kurtossy	Natureexperiences.ca
1:30	How AI has Changed our World	Alex Wong	Oshawa Public Libraries
2:00	Mindful Moment: Mindfulness, Breathing, and Guided Meditation	Patricia Brown	OSCC55+ Instructor
2:30	Know Before You Go: Travel Insurance Essentials	Yvonne Brady	belairdirect
3:00	Drumming for Health: Join in this interactive drumming demonstration	'Dare to Drum'	OSCC55+ Drumming Facilitators
3:30	Make and Take: Body Scrub	Staff & Volunteers	OSCC55+
4:00	Brain Health Innovations for Living Well with Dementia.	Dr. Winnie Sun, RN, PhD	Associate Professor, Faculty of Health Sciences, OTU. Co-Research Director of the Advancement in Dementia Care Centre, Ontario Shores
4:30	Ontario Tech: An Age-Friendly Space for Lifelong Learning	Dr. Shilpa Dogra, PhD	Professor of Kinesiology and Director of the Active Living and Longevity Laboratory, OTU
5:00	The Sitting Society: How breaking up your sitting time can help with healthy aging.	Dr. Shilpa Dogra, PhD	Professor of Kinesiology and Director of the Active Living and Longevity Laboratory, OTU
5:30	Stronger Together: Empowering Caregivers through Self-Care	Holly Alder- Dobson	ADP Supervisor, OSC55+

Sponsored by:



For Exhibitor information visit: durhamtradeshows.ca