



The Pros Know 55+ 2026

Active Living & Resource Expos



December
2025
Holiday
Round-Up!

Four more Pros Know Expos in 2026. Info Release Date: 010126

Thank You Everyone for 2025! 2026 is WOW!

Happy Holidays, Merry Christmas!
What ever you're celebrating this time of year, may your season be filled with love, joy, and with those you love. Over here, that and so very much gratitude. Once again, we've found so much to be in wonder of. Two great 'Mini-Conferences at Good Neighbours Active Living', amazing Sponsorships, Exhibitors and of course you, our community for coming out in most excellent numbers.

It's truly hard to believe that in 48+ months we've hosted 27 Expos around our fair city which has helped thousands of folks get much needed resources for them and their families. So this Christmas, I'm going to eggnog a little more than usual, if you know what I mean.

In January, we're going to finally release the agenda for 2026. Oh we have our dates and locations in place, but just when you think things can't get any better, well, we've got some wonderful surprises coming up for 2026, thanks to our PKE family of Exhibitors.

We're looking at a number of awesome grassroots programs at each show to help you get a little more value when you attend. More resource information in the expos 'Guest Bags' than you can take home and share. There's so much to see and do, you might want to bring a lunch. :)

The bottom line, your Pros Know Expos have gotten better, because of the stellar commitment from our Older Adult Resources Community and you, who all show up to engage. This is a natural and needed growth path we're all walking together.

So thanks for your patience. There's a ton of great stuff being released here in January, and there's much to see now if you like on our updated website at: www.prosknowexpos.ca. The dates and locations are up and the programs and agendas uploading January 1st, 2026. Again, thank you to all, have a wonderful holiday season and help where you can. Our community needs us more than ever. *Take Care! Rick & Trish.*



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2026 Show Dates & Locations



Local Organization
and Business
Resources
to help you
take the steps
for a better
quality of life,
now and in
the future!

**NEW! Details here in the
January 2026 Senior Scope**

**Got Questions? eMail us @
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Stay informed all the time on our website,
prosknowexpos.ca

