

# The Pros Know **55** Active & Resource **Plus Living & EXPOS**

Bringing Resources to our Older Adult Population for Better Aging & Happier Living!



## Spring Shows 2024



**PKE  
Venue  
Hosts:**



Your full-service Senior Friendly decluttering, packing & moving specialists!

[seniorsmovingco.com](http://seniorsmovingco.com)



## Fort Rouge Leisure Centre

625 Osborne Street | Fort Rouge

**Thursday, May 30th**

MASC Host: Golden Rule Seniors

Show Times: **9:30am - 2:00pm** | Exhibitors List at: [prosknowexpos.ca](http://prosknowexpos.ca)

Providing seniors & their families the resources to improve their lives and well-being!

Our Amazing Sponsors:



Mark this date on your calendar and stay updated at: [prosknowexpos.ca](http://prosknowexpos.ca)  
website: [prosknowexpos.ca](http://prosknowexpos.ca) | email: [redroadmusic@shaw.ca](mailto:redroadmusic@shaw.ca) | cell: 204.414.9290