



The
Pros Know 55+
Active Living & Resource Expos

2026

**FREE
ADMISSION
FREE**

Pros Know Expos Fall 2026 Shows. | More details at: prosknowexpos.ca

Independent Living Options & Help at the Fall Expos!

Right to the chase, shall we...

First off, hope your summer has been good to say the least. The weather has been most unstable. What used to be somewhat predictable, is out the door and my BBQ is going to file for divorce because of neglect. Ouch!

That all said, as we age, we start thinking about the challenges ahead in trying to keep our independence. It's scary. What was once counted on, no longer can be and we sometimes feel like we're constantly living in the 'What's Next' universe.

If this will help, even a little, there are a multitude of organizations and senior friendly businesses out there who are really good at helping us age in place and even transition to next stage living scenarios. They help us to find legitimate options and give us the truths to navigate through the fogs of getting older. Let's list a few.

In the organizations side of things, in no particular order, because they're all awesome in their own right, are folks

like Active Aging in Manitoba, A&O Support Services for Older Adults, 211 Manitoba, United Way, Care Possible - MB Possible, Family Doctor Finder, Long Term and Continuing Care Association of Manitoba, PEAM - Prevent Elder Abuse Manitoba. A rather solid, proven group of professionals with decades of experience in assisting us to age healthy and well.

On the senior friendly businesses side, well let me tell you, the list is also large and well established. I can't fit them all in here, but here's a couple of names; Comforts of Home Care, Prime Home Health, Desjardins FSI, Northway Pharmacy, The NB Team, KLD Law (Wills & Estates), Dignity Memorial, Heart to Home Meals, Specsavers and the fine people of Marwest Retirement Living. September 23rd and October 1st are our last two shows for the year. Admission is FREE. We hope we've given you plenty of reasons to attend and get the help you need to live a better life!

Thank you and have a great Summer!



Expos Fall Show Times: 10:00am - 3:00pm

Fort Garry | Fort Garry Mennonite Brethren Church
1771 Pembina Hwy.

Wednesday, September 23rd, 2026

Theme: Wills, Estates & Power of Attorney

St. Vital | Dakota Community Centre
1188 Dakota Street

Thursday, October 1st, 2026

Theme: Fraud & Scam Prevention

