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# Age-Friendly Expo Guide & Passport

## Wellness Village

Explore the  
Path to  
Wellbeing



Sponsored By:



# *Sponsored By:*



**55+ Carefreedom Living®**

*Special thanks to the Village of Point Edward & the Point Edward Optimist Club*



*Printed by:*

**riverside**  
**PRINT & SIGNS**

# *Thank You Sponsors & Exhibitors*

Thank you for participating in the 2025 Age-Friendly Expo – Supporting You is What We Do!

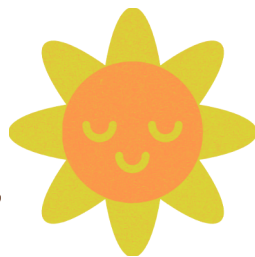
It is through your dedication of sponsorship, education, exhibiting, and volunteering that we can come together to build a community that values and supports individuals at every age and stage of life.



## **CONNECT WITH US**

[www.agefriendlysarnialambton.ca](http://www.agefriendlysarnialambton.ca)  
[agefriendlysarnialambton@gmail.com](mailto:agefriendlysarnialambton@gmail.com)

# *Welcome*



We are delighted to have you for the fourth annual Age-Friendly Expo on Wednesday May 7th, 2025, where the theme "Wellness Village: Explore the Path to Wellbeing" inspires connection and discovery.

The Wellness Village represents a community-oriented approach to a holistic journey toward health and well-being where various resources, services, and support systems come together to provide engaging exhibits and activities that promote physical, mental, and social wellness. This year, we emphasize the importance of taking an active role in one's well-being, encouraging visitors to discover tools and pathways that can support a fulfilling and healthy life at every age and stage. Join us for a day filled with enriching experiences and the shared belief that exploring wellbeing is a journey we embark on together.

## **The Age-Friendly Expo is a Safe Space!**

**This event welcomes all people regardless of race, religion, age, sexual orientation, and gender expression. Please treat everyone with dignity and respect.**



**If you see or hear discrimination, please report the incident at the Welcome Table in the main entrance.**



Age-friendly communities supports healthy active living for people through all stages of life and abilities.

Helping you to:  
Be engaged in your community  
Stay healthy and active  
Find care and support

Age-Friendly Sarnia-Lambton launched in 2015 with 8 committees and an action plan focusing on supports for adults 55+ and expanded to support all ages in 2023.

An online service directory  
[www.agefriendlysarnialambton.ca](http://www.agefriendlysarnialambton.ca)  
launched in 2019 and now has over 600 health and social service listings available to residents of Lambton County.  
Find local supports, search with Key words or speak to a navigator.

In 2021 Age-Friendly partnered with the Family Counselling Center to provide live telephone support through the Community Navigator Phone Line 519-336-3000.

## Find Community Supports & Health Services for Every Age and Stage!



[www.agefriendlysarnialambton.ca](http://www.agefriendlysarnialambton.ca)  
Community Navigator: 519-336-3000



[www.agefriendlysarnialambton.ca](http://www.agefriendlysarnialambton.ca)

Search categories  
to find specific  
supports.



**Search**

Scan to  
explore Age-  
Friendly  
Sarnia-  
Lambton!



**Talk.**

Call to talk to  
a Community  
Navigator.

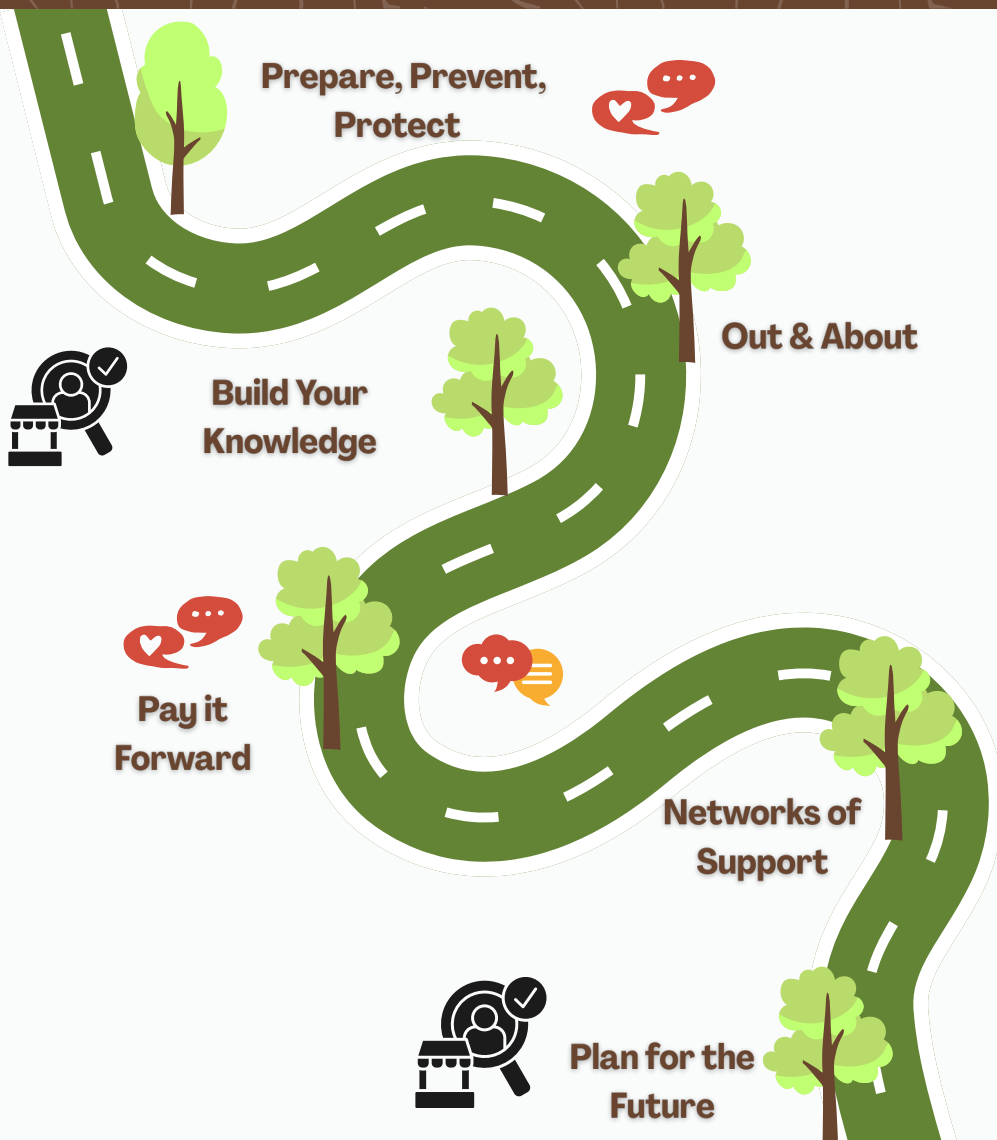
**Community Navigators**  
listen and help find local  
resources and supports  
based on the needs of  
the caller.

**519-336-3000**

# *Path to Wellbeing*



As you navigate through the Wellness Village, you'll encounter various checkpoints designed to guide you along your journey to holistic well-being. Each stop on the map offers a unique opportunity to discover resources, services, and engaging activities that foster physical, mental, and social wellness.



Arena

MAIN  
ENTRANCE

M  
A  
P



Concession

RED&KO



Community Room



Shuttle



ENTERTAINMENT  
AREA

Sponsored by:



CYCLING  
WITHOUT AGE  
CANADA



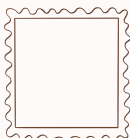


# Passport to Wellness

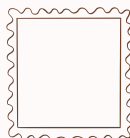
Visit the sponsors listed below to get a stamp!  
Once you have 8 stamps, submit your ballot at the survey booth in the community room to enter for a chance to win a prize. Enjoy your journey to well-being!



## AGE-FRIENDLY TITLE SPONSOR



## SNACK STATION SPONSOR

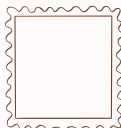


Fairwinds Lodge  
Retirement Residence

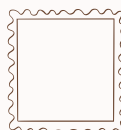
## CHECKPOINT SPONSORS



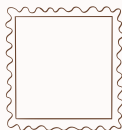
Prepare,  
Prevent,  
Protect



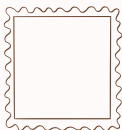
Out &  
About



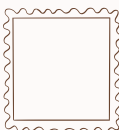
Build Your  
Knowledge



Pay it  
Forward

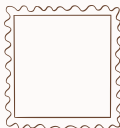


Networks  
of Support

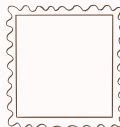


Plan for the  
Future

## ENTERTAINMENT & INTERACTION SPONSORS

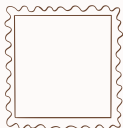


## BLOCK PARTY SPONSOR

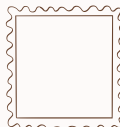
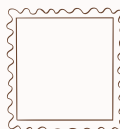
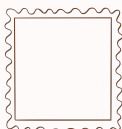


Bayshore®  
Home Care Solutions

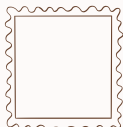
## CONTRIBUTORS



**CIBC**



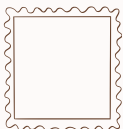
## VOLUNTEER ENRICHMENT SPONSOR



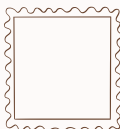
## YOUTH ENGAGEMENT SPONSOR



## AGE-FRIENDLY ADVOCATE



## VISIT AN INTERACTION STATION



## YOUR BALLET



Name



Phone

# Prepare, Prevent, Protect



**Connect with exhibitors offering healthcare and community health services, home care, and mental health resources. Learn about preventative health, emergency services, and wellness programs to help maintain your health and well-being.**

Alzheimer Society of Sarnia Lambton  
Bayshore Home Care Solutions  
Bluewater Health  
Bluewater Hearing & Balance  
Exmouth Pharmacy  
Healthy Solutions 4 Life / Super Patch  
HearCANADA  
HearingLife Canada  
Hogan Pharmacy  
Hughes Healthcare Group  
Lambton EMS Community Paramedics  
Lifeline Canada  
MOTION  
Ontario Health atHome  
Rapids Family Health Team  
Sarnia Fire Rescue  
Sarnia Home Respiratory Services  
Sarnia Police Service  
Sarnia-Lambton Ontario Health Team  
Shoppers Home Health Care (Wellwise)  
True Hearing Health  
VON

Sponsored By:



Sarnia-Lambton  
ONTARIO HEALTH TEAM

# Out & About



**Discover exhibitors offering opportunities for active living, outdoor activities, and social engagement. Learn about fitness programs, recreational clubs, transportation options, and community services to help you stay active and connected in your community.**

Corporation of the City of Sarnia  
Lambton Centre  
Lambton County Developmental Services  
Lambton Outdoor Club  
New Beginnings ABI & Stroke Recovery Association  
Pathways Pool  
RE/MAX Sarnia Realty Inc. Brokerage - Living In  
Lambton Realty Group  
Sole Decisions  
Starlight Casino Point Edward  
Strangway Community Centre - City of Sarnia  
The Shoebox  
Town of Petrolia  
Vibe Community Connections  
Welcome to The Club Magazine  
Wellings of Corunna

Sponsored By:



# Plan for the Future



**Explore resources for financial planning, real estate, and housing options. Learn about retirement planning, estate services, education and career development to help you secure your future and make informed decisions about your long-term needs.**

Albany Retirement Village  
Brenda Hanlon Remax Sarnia Realty  
CIBC  
EXIT Realty Community  
Fairwinds Lodge  
IG Private Wealth Management  
Lakeview Cemetery Burial and Cremation  
Lambton Works Centre (County of Lambton)  
Leads Employment Services  
S&R Group Seniors Living  
Sarnia Lambton Workforce Development Board  
The WorkPlace Group  
Vision Nursing and Rest Home

Sponsored By:



Brenda Hanlon  
Ashley Robbins  
Anna Moscardelli  
Mackenzie Wilson

# Pay it Forward



**Connect with organizations offering volunteer opportunities and community support. Learn how you can get involved in initiatives that make a positive impact, promote social good, and enhance the well-being of others in your community.**

Bagman  
Britannia Chapter No. 34, Order of the Eastern Star  
Canada Homestay Network  
Family Counselling Centre  
Lambton Elderly Outreach  
Le Centre communautaire Francophone de Sarnia-  
Lambton  
North Lambton Community Health Centre  
Parkinson Society Southwestern Ontario  
Point Edward Fire & Rescue  
Sarnia and Area HSC Chapter - Huntington Society  
of Canada  
Sarnia Bluewater Chordsmen and Ladies  
Sarnia Lambton Golden K Kiwanis Club  
The Kidney Foundation of Canada  
United Way of Sarnia-Lambton  
Volunteer Coordinators Association of Sarnia-  
Lambton

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# Build Your Knowledge



**Explore organizations focused on social justice, community advocacy, and education. Learn about resources that promote well-being, support vulnerable populations, and empower individuals through awareness, advocacy, and lifelong learning.**

Bluewater Power  
County of Lambton Cultural Services Division  
Lambton Public Health  
Sarnia Lambton Alliance Against Hate/John Howard  
Society of Sarnia Lambton  
Sarnia Lambton Chamber of Commerce  
Sarnia Lambton Coordinating Committee on  
Violence against Women  
Sarnia Lambton Rebound  
Service Canada  
The Centre  
Treat Yourself Wellness Centre  
Victim Services Sarnia Lambton  
Women's Interval Home Inc

Sponsored By:



Sarnia-Lambton  
**REBOUND**

# Networks of Support



**Explore resources that offer support for home care, caregiving, and mental health. Learn about services designed to help individuals live independently and provide assistance to caregivers, ensuring a strong network of care and support for all.**

All Hours Home Care  
Beyond Boundaries Sarnia-Lambton  
Bluewater Health Mental Health & Addiction  
Services  
Canadian Mental Health Association Lambton  
Kent  
County of Lambton Adult Day Programs  
Guardian Real Estate Management Inc.  
Home Instead  
March of Dimes Canada  
On the Go Nurse  
Pursuit Health Management  
Shine at Home  
St. Clair Child and Youth Services  
St. Joseph's Hospice Sarnia Lambton  
The Pregnancy Options & Support Centre  
Your Tidy Solutions

Sponsored By:





# Entertainment Schedule



10:15 AM	UKELELE GROUP (GOOD TIMES UKES)	Rink	
10:30 AM	OLD MAN BAND	Tent	
11:00 AM	LANDMARK CHOIR (MERRY MUSIC MAKERS)	Rink	
12:00 PM	SERENITY WELLNESS CENTRE	Rink	
1:00 PM	FOREVER FIT (LAMBTON ELDERLY OUTRACH)	Tent	
1:30 PM	UKELELE GROUP (STRANGWAY)	Tent	
1:30 PM	WINTERSON & THERAPY DOGS	Rink	
2:00 PM	JOYFUL NOISE DRUMMERS	Rink	
2:00 PM	WINTERSON & THERAPY DOGS	Tent	
3:30 PM	BLAKE PEARSON - ACTIVE AGING	Rink	
3:00 PM	SARNIA KITCHEN PARTY BAND	Tent	
4:30 PM	IRISH DANCING	Rink	
5:00 PM	VICTORIA PLAYHOUSE PETROLIA	Rink	

# Food & Refreshments



## RED&KO

Red and Co. Concessions, located inside the arena, will be serving a variety of delicious options along with classic concession favorites like French Fries and Hot Dogs.

### Sandwiches

Red's Slammin Sammie | Chicken Salad Sammie | Egg Salad Sammie | Pulled Pork Sammie

### Soup & Chili

Creamy Tomato Basil Soup | Creamy Baked Potato Soup | Hearty D & T's Chili

### On the Grill

Grilled Cheese | Grilled Ham & Cheese Sammie | All Day Breakfast Sammie

### To Drink

Hot Chocolate | Hot French Vanilla | Soft Drinks & Water | Coffee from



**BEAN ON A MISSION**  
CAFE & ROASTERY



*Fairwinds Lodge*  
Retirement Residence

Fairwinds Lodge is sponsoring the complimentary snack station in the community room, offering coffee, tea, muffins, and popcorn.



**Enjoy your Food along with  
some entertainment in the Tent**



# Shuttle Information



## EXTRA PARKING AT STARLIGHT CASINO IN POINT EDWARD



**AGE-FRIENDLY  
SARNIA-LAMBTON**

[www.agefriendly.sarnialambton.ca](http://www.agefriendly.sarnialambton.ca)

**FREE Shuttle**

**Park and Shuttle from the Point Edward Casino to the  
Point Edward Arena! Shuttles will run every 10 minutes.**

Provided by:



**8:00 AM - 1:00 PM**

Provided by:

*Fairwinds Lodge*  
Retirement Residence

**1:00 PM - 3:30 PM**

Provided by:



**3:30 PM - 6:30 PM**

**Cycling Without Age (located  
outside the arena will be providing  
assistance back to your car.**





# Age-Friendly Expo 2025

## Wellness Village

Explore the  
Path to  
Wellbeing



Sponsored By:



**We would love to hear  
about your experience at  
the Age-Friendly Expo 2025!**

**1**

Scan the QR Code by opening your camera and hold it over the QR Code, Tap the yellow button to go to the survey

**2**

Fill out a paper copy found at the Welcome Tables.

**3**

Show proof of survey completion at Survey Table to get a raffle ballot!

