

NATIONAL SENIOR'S DAY - WELLNESS & FUN FEST: IN-PERSON EVENT



Thursday, October 1, 2026 | 1:00 p.m. – 3:00 p.m.

Location: 24 Queen Street East, 4th Floor, Brampton L6V 1A2

- Limited number of spots available for the in-person celebration
- Featuring games, socializing, and light refreshments
- Connect with others, make new friends, and celebrate the valuable contributions of seniors in our community

Following the in-person gathering, join us virtually for an energizing seated Zumba session led by Fernanda Jarrin, a certified Zumba instructor. Get moving, have fun, and enjoy an uplifting fitness experience from wherever you are.

**Spots fill quickly. Register early
to reserve your spot!**



For In-Person Participants Only!

REGISTER ONLINE



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