

**8th annual North Lanark Seniors Expo from Mills Community Support returns Thursday, September 6
July 19, 2017 – for immediate release**

The North Lanark Seniors Expo returns September 6th from 10am to 3pm for its 8th consecutive year of celebrating and informing seniors. The event showcases information, services and products for people 50 years and older, as well as their families and caregivers. Last year the NL Seniors Expo attracted a crowd of 650+ people who visited the booths of 78 exhibitors. The Expo is held at the Almonte Community Center at 182 Bridge Street, which offers plenty of parking and full accessibility. There is no charge to attend the Expo.

Visitors will encounter a variety of supports, products and services at the Expo, from exhibitors such as The Hub Hospice, CAA North & East, the Civitan Club, The Older Adult Centres' Association of Ontario (OACAO), as well as travel agencies, physiotherapists, massage therapists, and seniors' residences such as Orchard View by the Mississippi, Riverview Seniors Residence, Waterside Retirement Community, and Carleton Place Terrace. And this is just to name a few of the many different exhibitors who will be on hand. We are also pleased to announce that Canada Revenue Agency will attend the Expo this year to present on tax topics of interest, such as tax filing for seniors, the Disability Tax Credit, the Canada Caregiver amount, and the Community Volunteer Income Tax Program.

Plan to make a day of your visit to the Expo. Doors open at 10am for the singing of O Canada, and the Expo continues until 3pm. Lunch is available to purchase on site, and complimentary coffee, tea, water and snacks—sponsored by Carleton Place Terrace—are available throughout the day. Mills Community Support staff will be on hand to welcome you with information on MCS programs and services, and a small army of Seniors Expo volunteers will be on hand to guide you. Representatives from the Board of Directors will also be on hand for those who would like to talk to them and learn more about the work of MCS in our communities.

The North Lanark Seniors Expo is hosted by Mills Community Support as part of its commitment to creating age-friendly communities in North Lanark. Financial support from OACAO (The Older Adult Centres' Association of Ontario) and Presenting Sponsorship from Orchard View by the Mississippi help make the Expo possible. Organizing committee members include these organizations plus the North Lanark Community Health Centre, Ravines Seniors' Suites and Retirement Residence, and the Alzheimer Society Lanark Leeds Grenville. Event sponsors include Carleton Place Terrace, Riverview Seniors Residence, Capital Audiology, and Travel in Style Destinations.

If you are a business or non-profit organization offering programs or services for seniors, consider booking exhibitor space. There is no cost for non-profit organizations to participate at the Expo, thanks to the OACAO funding (although please note there is a modest \$10 fee for each of the following: hydro (if needed) and exhibitor lunches). For businesses the cost is just \$70.00 for an 8ft table, and this fee even includes 2 lunches per exhibitor table. But please be advised that space is booking up quickly, as it does every year. For more information or to register as an exhibitor please call Jan Watson at 256-1031 Ext 239, or contact her by email at jwatson@themills.on.ca.

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Mills Community Support (MCS) assists over 1,000 people throughout Lanark County (Mississippi Mills, Carleton Place, Beckwith Township, Lanark Highlands, and Smiths Falls) to live independent, safe and healthy lives. Since 1975, MCS has provided seniors' services and programs such as home support and personal care at home, affordable housing to seniors and families, and support for adults with disabilities. Mills Community Support also undertakes community development projects that engage partners and build healthy, welcoming communities. A non-profit multi-service agency and registered charity, Mills Community Support employs over 160 people and gratefully receives the time and talent of over 100 community volunteers.