

Seniors' Centre Without Walls



WHAT IS IT?

- FREE telephone-based seniors' activity program
- More than 35 fun activities, educational and health and wellness programs per month
- 1 – 2 activities a day INCLUDING Christmas and New Years
- A community-creating, loneliness-busting program

WHO CAN PARTICIPATE?

- Seniors 55+ and adults 18+ with physical disabilities
- Living in the Ottawa and greater Ottawa area (including Renfrew County)

WHAT ARE THE BENEFITS?

- Just need a telephone...NO computer or bandwidth required
- Creates community and friendships...from the comfort of home
- Enhances existing seniors' programs
- Bridges waitlist gaps
- Reduces ER visits by 50%
- Removes barriers – relieves isolation and loneliness

FOR INFORMATION OR TO REGISTER CALL:

613-236- 0428 ext. 2323

www.thegoodcompanions.ca



We are
LGBT2Q+
Friendly



*A seniors' centre
from the comfort of
home*

RECENT/ONGOING ACTIVITIES

Chatting About Music

Weekly Mindfulness
Group

Travelogues

Housing Options

Strength and Balance

Types of Dementia

Monthly Birthday Party

Name That Tune

Biographies

Sports Chat

Music Request Line

Discussion Group

Trivia

Jokes

And much more!



The Good Companions
Seniors' Centre
Supporting a Vibrant Community