

Seniors' Centre Without Walls

WHAT IS IT?

- FREE telephone-based seniors' activity program
- More than 50 fun activities, educational presentations, and health & wellness programs per month
- 2-3 activities per day INCLUDING Christmas Eve and New Year's Eve
- A community-creating, loneliness-busting program

WHO CAN PARTICIPATE?

- Seniors 55+
- Adults 18+ with physical disabilities
- Living in the Ottawa and surrounding rural areas

WHAT ARE THE BENEFITS?

- Just need a telephone...NO computer or bandwidth required
- Completely free
- Creates community and friendships...from the comfort of home
- Connecting participants with resources and information to stay healthy at home
- Relieves isolation and loneliness

FOR INFORMATION OR TO REGISTER:

Call: 613-236-0428 ext. 2323

Email: scww@thegoodcompanions.ca

Visit: thegoodcompanions.ca/programs-services/seniors-centre-without-walls

In person: Room 242 at The Good Companions

*A seniors' centre
from the comfort of
home.*

RECENT/ONGOING ACTIVITIES

Chatting About Music

Weekly Mindfulness

Travelogues

Health Talks

Museum Tours

Monthly Birthday Party

Name That Tune

Biographies

BINGO

Name That Tune

Discussion Group

Storytelling

Trivia

Chair Exercise

Celebrations

...and much more!

