

# Seniors' Centre Without Walls

*Imagine a vibrant community where older adults can engage in enriching seminars, lively discussions, and even enjoy live musical performances—all without leaving the comfort of home!*

## WHAT IS IT?

- FREE telephone-based seniors' activity program
- More than 40 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+ and adults 18+ with physical disabilities
- Living in the Ottawa and surrounding rural areas

## WHAT ARE THE BENEFITS?

- Just need a telephone...no computer required
- Completely free program
- Creates community and friendships
- Connecting participants with resources and information to stay healthy at home
- Relieves isolation and loneliness

## FOR INFORMATION OR TO REGISTER:

 613-236-0428 ext. 2323

 scww@thegoodcompanions.ca

 thegoodcompanions.ca

## Join us for:

Weekly Mindfulness

Travelogues

Health Talks

Museum Tours

Birthday Party

Name That Tune

Biographies

BINGO

Name That Tune

Discussion Group

Storytelling

Book Club

Trivia

Chair Exercise

...and much more!

