

Seniors' Centre Without Walls

Programs for Adults 55+



Join Senior Support Services-CPHC'S program staff for free weekly programs all you need is a telephone, no internet or computer required.

Tuesday Trivia!



Tuesday Starting at 11:00 am

Wednesday Wake-up Bingo

Wednesday Starting at 10:00



Short Stories or Riddles and Fun Facts: **Monday's @2:00pm**

Mindfulness Series: **Thursdays @ 2:00pm** Birthday Party **2nd Thursday @ 1:00 pm**

Special Guest Series

Join us on Fridays from 1:00pm-2:00pm



Interactive Entertainment and Seminars by Guest Speakers



Senior Support Services
Supporting Seniors Independence
at Home and in the Community.

If You are Interested and would like to
Register: **613-342-3693 ext. 2043**
Toll Free: **1.800.465.7646**
Email: jgodkin@cphcare.ca



Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés