

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.

Special Guest Series

Tuesday Trivia!

Tuesday Starting at 11:00 am



Wednesday Wake-up Bingo

Wednesday Starting at 10:00 am



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

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



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.

For More information or 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