



SENIORS' CENTRE WITHOUT WALLS

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All the benefits of a seniors' centre from the comfort of your home!

Seniors' Centre Without Walls is a free, phone-based program that is open to older adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community.

This program is free of charge—all participants need is a phone to call the toll-free number!

Seniors' Centre Without Walls programming includes:

- Interactive health and well-being sessions
- Educational and recreational activities
- Interesting guest speakers
- Friendly conversations
- A welcoming community

It's easy to connect with just a phone and free for participants to join as many programs as they want!

To learn more about our program, call:
780-395-2626 (then press 1)
or visit our website at edmontonsouthsidepcn.ca/scww

I like joining when I want to!

It keeps me connected to others!

There are so many interesting topics!

