

Seniors Centre Without Walls-**FEBRUARY** Program Calendar

To participate in a program, call 1-800-669-6180, then enter the passcode for your program followed by the # sign

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Coffee with Nikki 10:00-10:30am	3 Trivia 2:30-3:00pm	4 Spiritual Guidance Rev. Dave McFarlane 10:00-10:30am	5
8	9 Presentation Canadian Cannabis Chantel Mason 2:00pm-3:00pm	10 Trivia 2:30-3:00pm	11 Sports Chat with Glenn 2:00-2:30pm	12
15 FAMILY DAY	16 Music Show Aerik Watson 10:00-11:00am	17 Trivia 2:30-3:00pm	18 Stories with Rae Ann 10:00-10:30	19
22	23 Presentation Canada Care Medical Peter Lorentz 2:00pm-3:00pm	24 Trivia 2:30-3:00pm	25 Spiritual Guidance Fellowship Rev. Dave McFarlane 10:00-10:30am	26

Passcode for programs on Tuesdays and Thursdays **161716** followed by the # sign

Passcode for Trivia on Wednesdays is **565654** followed by the # sign

For all inquiries, please call either 613-296-1906 or 613-432-7691

SENIORS' CENTRE WITHOUT WALLS



Due to the extreme social distancing protocols during the COVID-19 pandemic, we are pleased to offer phone in programs for Arnprior, Renfrew and surrounding areas.



WHAT IS IT?

FREE telephone-based seniors & community activity program
MANY fun activities, educational and health and wellness programs
A community-creating, loneliness-busting program

WHO CAN PARTICIPATE?

Seniors 55 plus, adults 18 plus with physical disabilities

WHAT ARE THE BENEFITS?

Creates community and friendships from the comfort of your home
Removes barriers - relieves isolation and loneliness
Just need a telephone.....NO computer or bandwidth required

FOR INFORMATION OR TO REGISTER CALL:

Seniors Active Living Centre, Arnprior - 613-296-1906
Renfrew and Area Seniors' Home Support - 613-432-7691

The Golden Age
Activity Centre



UPCOMING ACTIVITIES

PROGRAMS WILL
LAUNCH ON
TUESDAY, MAY 5TH
2020

GAMES

READING STORIES

SPIRITUAL GUIDANCE

HEALTH & WELLNESS

GROUP DISCUSSION

PRESENTATIONS

working together to bring you programs from the comfort of your home

PROGRAM CALENDARS

Available at www.cssagency.ca or on Facebook pages for the Golden Age Activity Centre and the Seniors Active Living Centre.