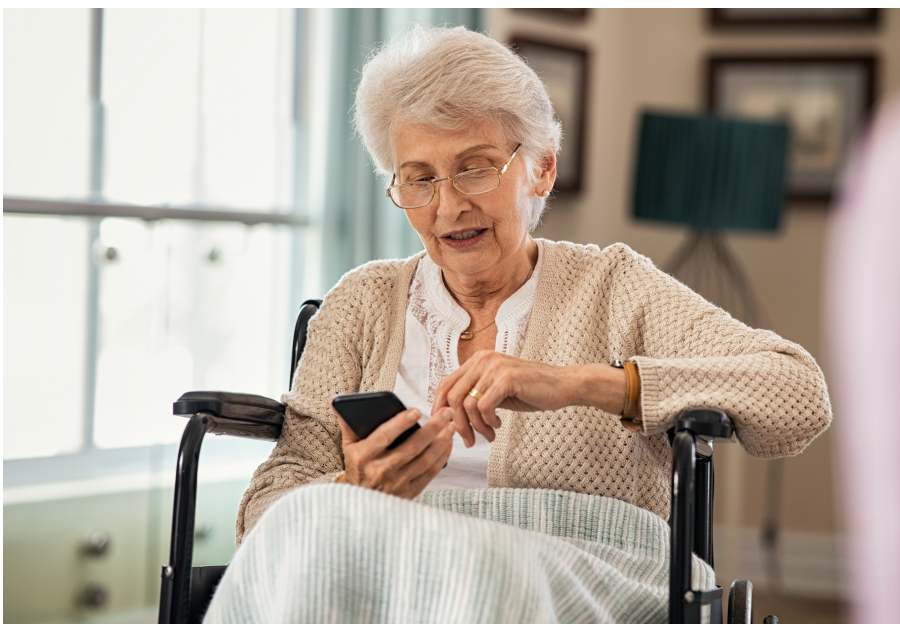




Seniors' Centre Without Walls



**Providing free
brain-stimulating
activities, and space
to create meaningful
friendships and
community for those
who may feel alone
and isolated.**

For more information/to register:



wellness@onecaresupport.ca



www.onecaresupport.ca



1-844-482-7800

**REGISTER
TODAY!**



ONE CARE is excited to offer Seniors' Centre Without Walls



Seniors' Centre Without Walls is a free telephone-based program providing group activities for isolated, lonely and vulnerable seniors. Through the use of group telephone calls, we provide a line-up of health-related information, participation in brain-stimulating activities, and most of all, space to create meaningful friendships and community to those who may feel isolated.

Who is eligible to join?

- Individuals 55 +
- And/or adults with physical disabilities
- Living in Huron and Perth counties

How does it work?

- Register as a participant by calling ONE CARE using the number provided to you.
- We can call you before your registered program is set to start, or you can choose to call in using the steps provided.
- This program is also available in an accessible format.
- No computer required – **all you need is a telephone!**

Is there any cost?

Participating in this program is completely free! All programs are run through a toll-free number, and no special equipment is required.

Daily topics to get excited about.

Monday (2:30 PM - 3:15 PM)



Topics include: Arts & Travel, Story Telling, Short Stories.

Tuesday (3:00 PM - 3:45 PM)



Topics include: Health & Wellness, Education, Sports Chat.

Wednesday (1:00 PM - 1:45 PM)



Topics include: Brain Teasers & Riddles, Fun Facts, Way with Words.

Thursday (2:30 PM - 3:15 PM)



Topics include: Fun & Games, Trivia & Bingo, Music.

Friday (1:30 PM - 2:15 PM)



Topics include: Good News, Fact or Fiction, Current Affairs, Biographies.