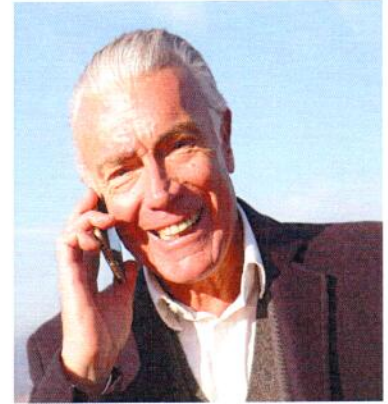
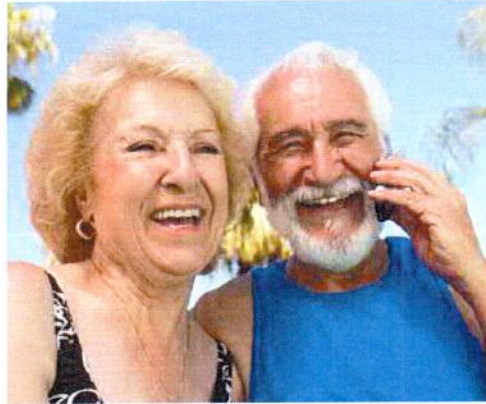


# Seniors' Centre Without Walls

## 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 am

**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



For More information or to  
Register: **613-342-3693 ext. 2043**

**Toll Free: 1.800.465.7646**

**Email: [jgodkin@cphcare.ca](mailto:jgodkin@cphcare.ca)**



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