

# Seniors: Connect with Friends, Neighbours and Resources

Take part in  
**Social & Recreational Activities.**  
Telephone-based. No computer  
or internet needed.

Learn more about seniors' safety,  
health, wellness, finance &  
community resources.

**New Territory 4 Seniors:**  
phone or in person

Get individual confidential support to  
connect with resources you need.

**Answers 4 Seniors:**  
phone or in person



## Seniors Centre Without Walls

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

Canada

For Calendar of Events & Information,  
Please Contact:

**BVO Seniors Centre  
Without Walls**

519-599-2577, ext 6 | seniors@bvo.ca



## **Seniors Centre Without Walls**

### **Social & Recreational Activities for Seniors**

Games, music, exercise.  
Telephone-based

### **New Territory 4 Seniors**

Information & educational activities,  
health, safety, wellness, finance,  
community resources.  
Phone or in person

### **Answers 4 Seniors**

Individual support, information,  
referral & advocacy.  
Phone or in person

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