



Seniors for Seniors by Seniors Program

Get involved in meaningful activities and make a difference in the lives of other seniors in your community

Are you:

- An immigrant (new or established)?
- 55 years or older?
- Living in Durham Region?

Session days and times will be set by you.

Refreshments and bus tickets will be provided!

Participate with the Seniors for Seniors by Seniors program to:

- Connect with other seniors.
- Learn about services for seniors.
- Share your culture and learn about other cultures.
- Discuss tips and strategies to engage with your community.
- Share your story of strength and resilience - immigrating and living in Canada.
- Contribute to shaping your community by being a part of a Senior Advisory Council.

Contact us today: proberts@cdcd.org or 905-686-2661 extension 135 to learn more and to participate.

 REGISTER NOW at <https://bit.ly/S3program>

