

Seniors' Social Circle Night

**December 17, 2020
4:00 pm - 5:00 pm**

**For more information, please contact:
Tianqi Chen , Settlement Counsellor
meltannoury@ncce1.org**

519-999-3504

**Registration Information:
Zoom – A link with a password will
be sent to registrants a day prior to
the session**



Are you a newcomer senior who wants to expand your social circle to stay away from isolation and loneliness? Welcome to our Seniors' Social Circle Night to enjoy some quality time together with other seniors. This event will benefit seniors:

- Staying connected and engaged with the community
- Maintaining and strengthening ties to neighbours and friends
- Improving health and well-being by preventing isolation and loneliness
- Networking with other seniors
- Learning about recent events and activities in the area
- Sharing talents and wisdom
- Speaking out worries, concerns, and barriers that seniors encounter
- Sharing daily life stories, new interests, recipes, arts and crafts, and more
- Playing fun games (riddles, puzzles, brain teasers, word games, etc.) to keep your brain active



**Client Eligibility:
Permanent Resident, Convention Refugee**



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

*All of our programs & services are available at no
cost to eligible clients.*