

CONNECTING SENIORS FROM THE COMFORT OF THEIR HOMES - FUN, FREE AND EASY!

Welland, ON – The City of Welland Recreation and Culture Division has been awarded a Provincial Seniors Community Grant in the amount of \$20,650 to provide a Seniors' Centre Without Walls (SCWW) program in Welland. The SCWW program will provide a dependable, supportive group and learning centre by connecting seniors with a variety of essential programs and activities from the comfort of their home.

Starting March 22, seniors can easily join and enjoy free programming using their telephone; no computer or internet is needed. Just a phone call connects participants with educational discussions, health and wellness activities, local history conversations, games sessions and service information. Seniors are not alone when they join this interactive telephone-based virtual seniors' centre. It's fun, free and easy!

If you or someone you know is finding it difficult to get out and be part of the community, Seniors' Centre Without Walls will be available mornings and afternoons on Mondays, Wednesdays and Fridays starting March 22 until the end of May.

Registration can be done by contacting <u>recreation@welland.ca</u> or 905-735-1700 ext. 4000 and referencing Seniors' Centre Without Walls (SCWW). A downloadable calendar of events is available on the Seniors' Centre Without Walls section on the Online Wellness Guide <u>https://wellness.welland.ca</u>, printed copies are available at the Welland Community Wellness Complex and all branches of the Welland Public Library.

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