



Ontario Society of Senior Citizens Organizations
La Société des Organisations des Citoyens Aînés de l'Ontario

PROGRAM FUNDED BY:



ACTIVE SOCIAL NETWORKING: LIVE LONGER, HAPPIER AND HEALTHIER

A Lunch & Learn Let's Get Set to Reconnect Program

WEDNESDAY MARCH 11, 2020

10:00 AM - 1:00 PM

CHESNUT HILLS DEVELOPMENTS COMPLEX
(formerly known as Pickering Recreation Complex)
1867 Valley Farm Road, Pickering, ON

We will learn: how to keep our brains engaged, the Power of 5 and leave with new social connections.

Guest Speaker Sue Lantz
from Collaborative Aging
presents:



Room to Grow: Staying Socially Connected with Passion & Pursuits

To register for this workshop, contact:
416-785-8570 or education-projects@ossco.org

This workshop is free of charge for 55+. Refreshments included.