## CONNECT, CHAT, AND LAF FREE TELEPHONE PROGRAMS



## JULY 2025



## Seniors' Centre Without Walls

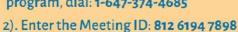


Please call 519-254-1108 or visit www.lifeafterfifty.ca for more information. Registration is required.



1). At the scheduled time of the program, dial: 1-647-374-4685

3). You will be admitted to the call





The Good

Companions

1). At the scheduled time of the program, dial: 1-844-237-9847



2). You will be admitted to the call