



SENIORS' CENTRE WITHOUT WALLS



What is Seniors' Centre Without Walls?

Seniors' Centre Without Walls provides recreation programs from the comfort of your home. Join us over the phone!

Program Basics:

- Programs are multi-person phone conversations (conference calls).
- No special equipment needed – any phone will do.
- All phone programs are free to Hamilton residents 55+.
- Call yourself in to the program.
- Each phone session averages 8-10 people on the call
- You are able to hear each other, talk to one another, learn, and/or just have fun!

Program Schedule Starting January 3, 2025

Wednesday	Thursday	Friday
Story Time with HPL 10:00-10:30AM	Family Feud 1:00-1:30PM	Family Feud 1:00-1:30PM
Stretch Your Mind 11:00-11:30AM	Face the Music 2:00-2:30PM	Trivia 2:00-2:30PM
	Trivia 3:00-3:30PM	

Contact Us

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www.hamilton.ca/recreation55



*Funded in partnership with the Ministry
for Seniors and Accessibility*

