

# Seniors Centre Without Walls Programs for Adults 55+



Join City of Pickering program staff for free weekly programs. All you need is a telephone, no internet or computer required!

## Trivia Tuesdays

Tuesdays starting at 2:00 pm



## Name that Tune Thursdays

Thursdays starting at 10:30 am



**Spotlight Series:** Join us on Wednesdays from 1:00 pm - 2:00 pm for free interactive seminars by local guest speakers on various topics of interest.

If you would like to register call 905.420.4660 ext. 2078 or ext. 2080, or email [kbradley@pickering.ca](mailto:kbradley@pickering.ca) or [arose@pickering.ca](mailto:arose@pickering.ca). Session is FREE however space is limited so call today to reserve your spot!

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

Ontario 

Alternate format available upon request call, 905.683.7575 or email [customer@pickering.ca](mailto:customer@pickering.ca)

City of  
**PICKERING**

55+ Aging Well Together  
[pickering.ca/adults55plus](http://pickering.ca/adults55plus)