



SENIORS ASK PROGRAM

Advocacy, Solutions, Knowledge



Seniors ASK program specializes in helping older adults through offering free learning sessions in person and virtually on a wide range of current topics

JANUARY SESSIONS:

- ✓ **Beginner Computer – Using Zoom/Online** - How to use technology for virtual learning online – In Person session - Active Lifestyle Centre. Fri., Jan 6., 10-11:30am
- ✓ **Frauds and Scams – Protecting Yourself** – Elder Abuse Prevention Ontario – In Person/Online sessions, Active Lifestyle Centre. Tues., Jan 10, 10-11:30am
- ✓ **Memory and Aging** - Alzheimer's Society Grey Bruce, 5 sessions (workbook fee \$20) Weds., Jan. 11 to Feb. 8, 10-12:00noon - **pre-register by Jan 6.**

Pre-Registration required for all sessions call - 519-376-8304.

New Topics Offered Monthly–In Person & Virtually!

Visit our website www.alscgb.ca or

Facebook page

Active Lifestyles Centre

Grey Bruce for monthly Calendar



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