

MEALS ON WHEELS FREE SOCIAL PROGRAMS

Opportunities to meet others,
enjoy good conversation and
have fun!

What do we offer?

- **Seniors Centre Without Walls:** Weekly group program over the phone
- ***NEW *Buddy System :** Get paired with another client to chat at your leisure!

What is the Seniors Centre Without Walls schedule?

**Summer
Schedule
(July 1-
Sept. 2)**

- **Thursday Trivia:** 4:30pm-5:15pm

Chit chat, icebreakers and some fun trivia! Don't worry- it's all about the fun and not the competition.

How do you sign up?

Call **Meals on Wheels
London** at 519-660-1430