



Meetings with Marie!

Welcoming older adults & seniors (65 and older)

Living as an older adult or senior has its own challenges. You are NOT alone!

Book an one-to-one session with Marie. She can assist you with referrals and forms to access services. She can also cover helpful materials to improve your daily life.

Ask Marie about:

- Budgeting: Do you know where your money goes?
- Scam Against Seniors: Protect Yourself from Thieves!
- Safety in the Home: How to Prevent Accidents Room-by-Room
- Health Foods for Healthy Bodies



WHERE

Parkdale Library, 1303 Queen St. W. (west of Cowan Ave)

WHEN

Mondays & Wednesdays
between 9 am – 5 pm.

**To register please contact Marie:
437-488-8960, mmargis@culturelink.ca**