



Mornings with Marie!

Welcoming older adults & seniors (65 and older)

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

Come and join our small group and discuss topics that will improve the quality of your day-to-day life. Make a friend!



Start Dates and Workshop Topics

Mon, Oct 2 - Budgeting: Do you know where your money goes?

Wed, Oct 4 - Scam Busting: Protect Yourself from Thieves!

Mon, Oct 16 - Safety in the Home: How to Prevent Accidents Room-by-Room

Wed, Oct 18 - Budgeting: Do you know where your money goes?

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

WHEN: 9:30 – 11:30 am

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

Funded by:

