

# Seniors' Social Circle Night

September 16, 2021  
4:00 pm - 5:00 pm

For more information, please contact:  
Tianqi Chen , Settlement Counsellor  
tchen@ncce1.org

519-999-3504

**Registration Information:**  
Zoom – A link with a password will  
be sent to registrants a day prior to  
the session



Are you a newcomer senior who wants to expand your social circle to stay away from isolation and loneliness? Welcome to our Seniors' Social Circle Night to enjoy some quality time together with other seniors. This event will benefit seniors:

- Staying connected and engaged with the community
- Maintaining and strengthening ties to neighbours and friends
- Improving health and well-being by preventing isolation and loneliness
- Networking with other seniors
- Learning about recent events and activities in the area
- Sharing talents and wisdom
- Speaking out worries, concerns, and barriers that seniors encounter
- Sharing daily life stories, new interests, recipes, arts and crafts, and more
- Playing fun games (riddles, puzzles, brain teasers, word games, etc.) to keep your brain active



**Client Eligibility:**  
Permanent Resident, Convention Refugee



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

*All of our programs & services are available at no  
cost to eligible clients.*