



**SENIORS' CENTRE
WITHOUT WALLS**



What is Seniors' Centre Without Walls?

Seniors' Centre Without Walls provides recreation programs from the comfort of your home. Join us over the phone!

Program Basics:

- Programs are multi-person phone conversations (conference calls).
- No special equipment needed – any phone will do.
- All phone programs are free to Hamilton residents 55+.
- Call yourself in to the program.
- Each phone session averages 5-10 people on the call
- You are able to hear each other, talk to one another, learn, and/or just have fun!

Program Schedule

Starting January 3, 2025

Friday

Family Feud

1:00-1:30PM

Trivia

2:00-2:30PM

Contact Us

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www.hamilton.ca/recreation55

Ontario 



Hamilton