

The Benefits of Technology for Older Adults during the COVID-19 Pandemic



Presented by
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March 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WE Seniors.ca
Westend Seniors Activity Centre

Sunday, Mar 15th 2020

<https://weseniors.ca/8-week-fitness-program-for-seniors/>



YEG Seniors Alliance

A Partnership To Serve Seniors



ICANSA



Westend Seniors Activity Centre
www.weseniors.ca

Friendly Phone Call Program

