

RURAL CONNECTIONS

Seniors Centre Without Walls

Free Phone

Rural Connections is a free, multi-person, telephone-based program for seniors in Woolwich, Wellesley and Wilmot Townships. Social and recreational activities are offered by phone to keep older adults active and engaged in their community, from the comfort of their own home. Participants can enjoy educational presentations, wellness seminars, recreational activities and discussion groups.

Program Benefits

- Creates a connection to the community
- Provides opportunities for social participation and the development of friendships
- Promotes mental and physical health
- Provides opportunities for lifelong learning
- Contributes to well-being and quality of life



Program Registration

- For more information or to register for Rural Connections call (519) 664-1900
- Registered participants will be called 5 minutes before the scheduled activity time to join in
- Registered participants are welcome to sign up for one or more daily program sessions offered throughout the week
- Reach out to Program Partners for information

PHONE ACTIVITIES FOR OLDER ADULTS

- Free Phone activities
- No special equipment required
- 30 - 45 minute sessions
- Join a group conversation



Program Partners

Community Care Concepts
Woolwich Community Health Centre
Woolwich Counselling Centre
Woolwich Seniors Association

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Ontario 