

"CONNECTIONS"

The Program will run for 12 weeks,
Monday **OR** Wednesday morning
10:00 am – 12:00 Noon

Fee: \$12.00/Members

\$37.00/Non-Members

(This includes membership to
N.E.S.A..)

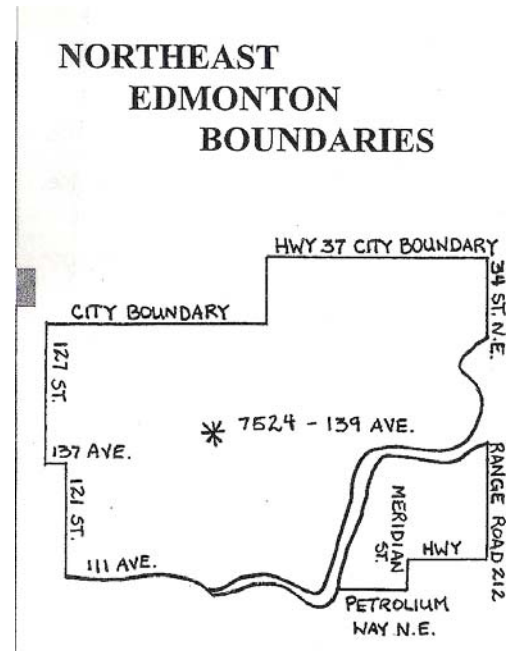
Contact:

"CARE Co-ordinator"

Josie Leiter at 496-7355

Referrals can be made by family,
friends and healthcare profession-
als, Self-referrals are also accepted.

NORTHEAST EDMONTON BOUNDARIES



NORTHGATE LIONS SENIOR CITIZENS RECREATION CENTRE

7524-139 Avenue
Edmonton, AB
T5C 3H7

Phone: 780-496-7355
Fax: 780-496-4707

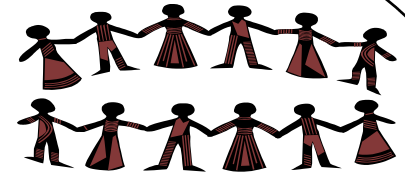
THE

CARE

*(Co-ordinator of Assistance in
Recreation & Education)*

PROGRAM

Brings you



"CONNECTIONS"

Operated by the

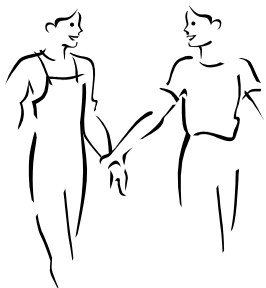
Northgate Senior

Citizens Association

PURPOSE OF THE PROGRAM

This program is especially designed for seniors living in the community who have become socially isolated due to health limitations, lack of family/community support, or discharged from other seniors programs.

It's purpose is mainly to provide social, recreational, and educational opportunities in an attempt to “reconnect” these seniors with community based programs.



PROGRAM OBJECTIVES ARE TO...

- Assist seniors in maintaining a high level of independence.
- Keep seniors active in the community as long as possible.
- Maintain, improve, or restore the physical and emotional health of isolated seniors.
- Provide social, recreational, and education opportunities for isolated seniors.
- Provide support, respite, and education for caregivers.
- Promote programs at the Northgate Lions Senior Citizens Recreation Centre to those who wish to “reconnect” into community based programs.

ADMISSION CRITERIA:

- Age 65 years and older.
- Residing in Northeast Edmonton (see map on back).
- Socially isolated and in need of structured programming in the community.
- Able to function as part of a group.
- Able to look after their own needs (medication, grooming).
- Do not demonstrate behavior that jeopardizes the safety of themselves or others.
- Able to arrange (and pay for) own transportation to and from the program.