

# SENIORS' SOCIAL CLUB

WINTER 2026



QUEEN SQUARE  
Doctors & Family Health Team



Scan to  
Register  
or Call

905 453 1453 x 1

**When:** 4th Friday of each  
month, 10AM – 12PM

**Location:**

North Bramalea United Church  
363 Howden Boulevard  
Brampton, Ontario L6S 4L6

J A N  
**23**

**The Ontario Caregiver  
Organization**



THE ONTARIO

**caregiver**

ORGANIZATION

F E B  
**27**

**How to Use Tablets and  
Smartphones**

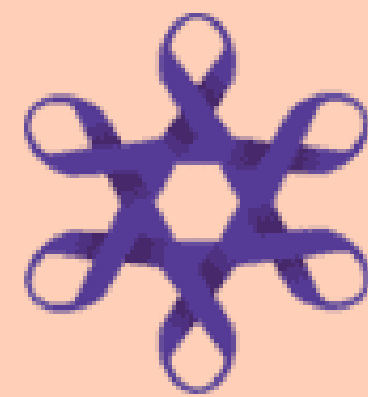
*Presented by*

**TECHCOACHES**



M A R  
**27**

**Elder Abuse Awareness and  
Prevention**



**Elder Abuse  
Prevention  
Ontario**

A P R  
**24**

**Movement Matters**

*Presented by :*

Lindsay Bickerstaffe Registered Kinesiologist



M A Y  
**22**

**The ABCs of OTCs  
Medication Safety for Older Adults**



**We can't wait to see you there!**