



Senior Sparks

A SOCIAL GATHERING PROGRAM FOR IMMIGRANT SENIORS (55+)

This new, weekly program provides support to immigrant seniors' social participation, inclusion and contribution to their communities.

Join us for:

- bus trips
- workshops
- cooking
- tours
- other fun social gatherings!

Program starts: Tuesday, May 30 at 9:30 – 11:30 am
Silver Harbour Seniors Fitness Room

For more information, or to register contact:
Rosanna Ng rosannan@nsms.ca, or 604.988.2931

This program is government funded and free of charge.



Details

- This is a weekly program that will be both fun and informative for seniors seeking ways to socially engage with others.
- Activities and bus trips may be held on a different day, time and location.

Location & Date

**Silver Harbour Seniors
Fitness Room**
144 East 22nd Street
North Vancouver

**Tuesdays,
Starting May 30
9:30 – 11:30 am**

Tel: 604.988.2931
Fax: 604.988.2960
Email: office@nsms.ca
www.nsms.ca
www.facebook.com/nsmsbc

Funded by / Financé par:



Employment and
Social Development Canada

Emploi et
Développement social Canada