



# ***FRIENDLY CONTACT CALLS FOR OLDER ADULTS & SENIORS***



[www.applegrovecc.ca](http://www.applegrovecc.ca)



## **APPLEGROVE WANTS TO HELP YOU STAY CONNECTED**

Are you feeling lonely?

Do you require any assistance?

Would you like a weekly friendly  
phone call?

Do you know anyone who requires  
this service?

**To sign up or refer someone:  
CALL 647-548-8143 or  
EMAIL [seniors@applegrovecc.ca](mailto:seniors@applegrovecc.ca)**

## **ABOUT APPLEGROVE**

We are a multiservice organization whose services include programming for older adults and seniors. We are located at 60 Woodfield Road, near Greenwood and Queen. Our mission is to work in partnership with the community. During the COVID pandemic we are shifting to telephone and online programming where possible, and working with the Neighbourhood Food Hub to support local food access and security.

To learn more and for updates visit [www.applegrovecc.ca](http://www.applegrovecc.ca) and check our facebook page @Applegrove Community Complex

