

Community resources for Windsor-Essex residents over 50-years-old

Life After Fifty

JOIN LIFE AFTER FIFTY ON: **SCWW**

(Senior Centre Without Walls)

Senior Centre Without Walls (SCWW) provides educational and recreational programming in a fun and interactive atmosphere where all programming is provided over the phone. Anyone over 50 can call in for FREE group activities every weekday morning!



FOR OUR MONTHLY
ACTIVITIES CALENDAR OR
FOR MORE INFORMATION
CONTACT US:

 519-254-1108

 lifeafterfifty.ca

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JOIN LIFE AFTER FIFTY THROUGH: Social Prescription

Social Prescribing is a holistic approach to healthcare that bridges the gap between clinical and social care by referring patients to local, non-clinical, community-based programs and services. It provides a formal pathway for health providers to address the diverse determinants of health, using the familiar and trusted process of writing a prescription. It also empowers clients to improve their health by developing new skills, participating in meaningful activities, and becoming more connected to their communities.



CALL FOR MORE INFORMATION
📞 519-254-1108
Ext: 123