

MOUNT PEARL SENIORS INDEPENDENCE GROUP



Seniors Helping Seniors

Established to advocate, plan and promote the independence, dignity, health and well-being of vulnerable seniors – the voice for all seniors in Mount Pearl.

Seniors Drop in Centre

Open every Wednesday from 2:00 - 4:00 p.m. Come out and meet new friends while enjoying a game of cards, bingo, rummoli and a cup of tea.

Other Social Activities

Tuesday Friendship Club –

Meets every Tuesday afternoon, 1:30 - 3:30 p.m. Instructed light exercise, games, outings and a cup of tea.

Thursday Craft Club – Meets every Thursday afternoon from 1:30 - 4:00 p.m. Instructed easy-to-do crafts and social time.

Friday Friendship and Games – Meets Friday's for lunch at the Reid Centre and enjoys an afternoon of pool and bridge.

Bowling - Pearlgate Lanes

Tuesday Mornings from 10:00 a.m. - 12 Noon

St. Patrick's Day Scoff & Scuff – March 19, Reid Centre. Tickets must be purchased in advance, starting February 26.

Winter Programs and Services

Free Snow Clearing Path - for seniors in Mount Pearl. Call the office to register.

Foot Care Clinic at the Reid Centre. Sponsored by the VON. Call our office for further details.

Free Income Tax Clinic – held in April at Park Place Community Centre. Sponsored by the Chartered



Accountants of Newfoundland and Labrador.

Seniors Awareness Health and Information Day –

May 5, 2010 at the Reid Community Centre. Tickets available at the Reid Centre or Park Place Community Centre and must be purchased in advance starting April 16.

Caregivers' Respite Centre

Legion Room, Park Place Community Centre on the last Monday of each month 2 - 4 pm. This is an opportunity for unpaid caregivers to meet other caregivers, take a couple of hours for themselves and enjoy a cup of tea.

Contact Us

If you would like to become a member or to learn more about our group, please contact us.
Georgina Smith, Coordinator

Office Location:

Park Place Community Centre

Office Hours: 9:00am - 5:00 pm Closed 12-1 pm

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