

SASK SENIORS CONNECT

Free March 2026 sessions for adults 55+
Connection • Learning • Well-being

A welcoming series for older adults in rural and remote Saskatchewan.
Join online from home or in-person at select libraries.

Attend one session
or several —
all are free!

			
Computer basics	March 24, 31 April 7, 21, 28 May 5	3:30 - 5:30 p.m.	Moose Jaw Public Library
Staying connected	March 25	3 - 4 p.m.	Virtual
Coffee & community	March 26	10 - 11:30 a.m.	Moose Jaw Public Library
Self-care CPR	April 1	3 - 4 p.m.	Virtual

**SIGN UP
TODAY**

www.redcross.ca/skseniors
1-833-979-9779
FriendlyCalls@redcross.ca

**Register at least
two business days
before
your session
to save a spot!**



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