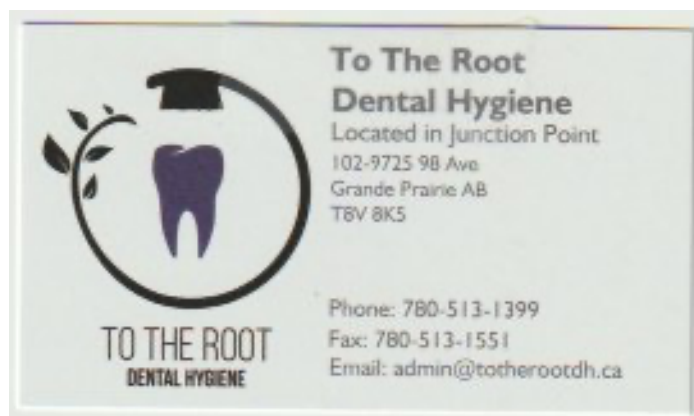


Greetings Members,

NWARTA strives to have a presence in our communities and one of the opportunities we've accessed is through the Seniors Outreach who hosts an inter-agency meeting every two months. At this meeting a variety of community organizations and businesses can present the services they have available for retirees and seniors.

This month was the first face-to-face meeting we have had in over 2 years. There are a few community services I would like to share with you and perhaps one or more of these can help in your day-to-day.

- To the Root Dental Hygiene
- Drive Happiness
- Men's Shed Grande Prairie
- Seniors Walk & Talk at Crosslink County Sportsplex



Drive Happiness is a new service to Grande Prairie. We were told that they have volunteer drivers who are ready and insured, but no customers at his time. Customers must be 65 yrs old. Drivers are not permitted to transfer their passengers.



MEN'S SHED
GRANDE PRAIRIE

*We Provide the Tools
You Build the Friendships*



GP Men's Shed is a friendly and welcoming workshop community of men. Providing opportunities to socialize, develop friendships and feel confident in yourself and your own self-worth. We build stuff too!

No Judgments. No Expectations. No Labels

GP MEN'S SHED INFO

Who: Men, 18 years & up

Contact: 780.830.9717

When: Tuesdays

Time: 7:00pm - 9:00pm

Location: 11436 97 Ave.

"Men can just show up and are not expected to participate, produce anything, or even talk. It's a space to hang out with other men, and talk about whatever comes to mind."

*We are in the Richmond Industrial Park,
just north of the Bobcat/Doosan Dealership.*



Men's Shed is Located @ AR Solution

SENIORS WALK & TALK



Seniors have **FREE** access to three facilities where they can...


Walk, jog or run indoors


Enjoy hot coffee


Connect with others

Happy Trails Track at the Crosslink County Sportsplex

Thursdays from 8:30 a.m. – 11:30 a.m.
October 6, 2022 - May 11, 2023

Gymnasium in the Knelsen Centre, Bezanson

Tuesdays from 10 a.m. – noon
October 4, 2022 - May 9, 2023

Gymnasium in the Hythe Community Centre, Hythe

Thursdays from 10 a.m. – noon
October 6, 2022 - May 11, 2023

For more information about the program, visit www.countygp.ab.ca/en/play-and-explore/seniors-walk-and-talk.aspx

