

**BORING
LITTLE
GIRLS
CLUB**

Seniors' Centre without Walls: (780) 395-2626

- 55+
- Free phone-based program that offers recreational activities, health and well-being topics, or friendly conversation for older adults

Senior's Secret Service: (403) 257-8339

- Logistics are still being worked out, but Andrea at Senior's Secret Service is trying to coordinate volunteers who are willing to assist Home Care clients.

Calgary Seniors' Resource Society (403) 266-6200

- Volunteer services are still in place for their various programs: Essential Transportation, Pet Assist, Practical Kindness (urgent one-time needs), and Social Phone Support
- Program availability may change at any time. Please contact them for further details

Carya (403) 269-9888

- Done over the phone