

Info/Support Groups:

- All welcome
- Refreshments are served
- Informal discussion information and peer support

Bond:

3rd Tuesday of every month
Family room (9:30-11am)
April 16, May 14, June 18, 2019

Palermo:

1st Wednesday of every month
(3-4:30pm)
April 3, May 11, June 5, 2019

Coptic:

3rd Thursday of the month
(3-4:30pm)
April 18, May 16, June 20, 2019

One of the deepest secrets of life is that all that is really worth doing is what we do for others.

- Lewis Carroll



S.E.N.A.C.A WILL BE CLOSED:

Friday April 19th 2019
(Good Friday)
Monday May 20th 2019
(Victoria Day)



Foot Care Clinic

Wednesday May 15th
Bond St. and Palermo
Bond St. Contact Jacinth
At 905-337-8937

Palermo Contact Elizabeth
At 905-847-3394

Coptic Contact Nadia
At 905-812-8222



Spring has arrived- a new beginning. We are very excited- planning for new and exciting activities, beginnings, and our beautiful garden.

Advance Notice:

- S.E.N.A.C.A Annual General Meeting: June 18th. 2019
- S.E.N.A.C.A 40th. Anniversary and Grand Celebration: September 12th 2019
- Garage/Rummage Sale: April 2019 at our Coptic Location – **Donations needed**
- Volunteer Week – April 7-13. Special thank you to all our very special volunteers which enhance our program so very much

Please note that we are open Monday
April 22 2019 (Easter Monday)