



At Seniors ASK we help seniors/caregivers by collecting and sharing of information in the areas of:

ADVOCACY: The act or process of supporting a cause or proposal

SOLUTIONS: A solution to a problem or difficult situation is a way of dealing with it so that the difficulty is removed.

KNOWLEDGE: Facts, information, and skills acquired by a person through experience or education

WHEN YOU
HAVE
QUESTIONS

JUST ASK

Seniors ASK Program specializes in helping seniors/caregivers find the answers to any questions they may have in any area of concern to them, either locally or beyond Grey Bruce

Contact us!

226-909-3636

seniorsask@gmail.com | www.alscgb.ca/seniors-ask

By Phone Mon-Fri 10:00am - 2:00pm OR in person by appointment on Tuesday's from 9:30am-12:30pm at The Active Lifestyles Centre at 1852 3rd Ave. E. Owen Sound.

ACTIVE LIFESTYLES CENTRE GREY BRUCE

M-F 9:30am-12:30pm | 519-376-8304 | mail.alscgb@gmail.com



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New Volunteers are always Welcome!