

Community Partners:

211

Bell Aliant Telephone Pioneers

Community Health Teams

Community Links

Dalhousie University

Halifax Regional Municipality (HRM)

iNOVA Credit Union

Nova Scotia Department of Health
& Wellness

St. Vincent's Nursing Home

United Way of Halifax

Victorian Order of Nurses

Community Churches:

Anglican Church of the Apostles

Faith Tabernacle Church

Lutheran Church of the Resurrection

St. Agnes Roman Catholic Church

**Your generous donations help
support our current & future
programs and events.**

Donations can be made through:

www.canadahelps.org

Revenue Canada
Business Registration
No. 89824 4868 RR 0001

Executive Director

Jan Boswell

**Program Director &
Volunteer Coordinator**

Joy McKay

Mailing Address:

Chebucto Links
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Fax: (902) 422-9611

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Website:

www.chebuctolinks.ca

Facebook:

www.facebook.com/chebuctolinks.ca



Chebucto Links
Keeping Seniors Connected



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Chebucto Links Senior Support Association (better known as Chebucto Links) is a non-profit registered charitable organization, "linking" older persons with supports, resources, information and programs since 1995.

Chebucto Links gratefully acknowledges the financial support of the Nova Scotia Department of Health & Wellness, and United Way Halifax

2017-02-27

Our Mission:

Chebucto Links Senior Support Association works to enable older persons to remain in their community and maintain their independence, dignity and sense of well-being by providing social and health promotion programs, information and resources.



Chebucto Links is a community support organization for seniors living in their own homes in the community.

Our Priorities:

- ❖ To provide programs
- ❖ To assist seniors to access services, information and resources
- ❖ To promote active, healthy living



211 is a free information and referral service for thousands of community and social services available throughout Nova Scotia. Available 24/7, all year round. Dial "2-1-1" or search the online database at www.ns.211.ca

Other useful 3 digit numbers include:

- 311** – HRM information & services
- 511** – Provincial road conditions in NS
- 811** – Health information and advice

PROGRAMS

LUNCH BUNCH

Enjoy a hot, nutritious meal, and a games social at the Lutheran Church of the Resurrection, Allen Street, Halifax
Tuesday 12 noon - 3:00pm
Reservations required!



COFFEE BREAK

Drop in for a cup of coffee or tea. Enjoy a game of Bridge, Cribbage, Skip-Bo or Scrabble
St. Agnes Church Campbell Centre
Mumford Road, Halifax
Wednesday 9:30am – Noon



ACTIVE LIVING FOR SENIORS
(A.L.F.S)

Join us for an energy filled morning of fellowship, exercise, and learning.
Faith Tabernacle Church
Summit Street, Halifax
Thursday 9:30am - 11:30am
(light snack provided)



WALKING CLUB

Indoor Walking at
St. Agnes Church gymnasium
Mumford Road, Halifax
Friday 10.00am – 11:00am

MEN'S CLUB

The Club meets on the third Thursday of the month. Activities include lunch at various restaurants in or around Halifax, and visiting areas of interest.
New members are always welcome.



SMITTEN with MITTENS

Join our group and support children in our local schools by knitting warm mittens and hats in your own home.
iNova Credit Union provides the yarn.



VIAL OF LIFE

This program provides emergency first responders with vital medical information in a home emergency.
VIAL OF LIFE kits are provided **FREE**



If you would like more information about anything mentioned in this brochure, or about our organization.
Please give us a call 902-422-3525