

There are plenty of ways that you can connect with people...



...across generations



...and around the city!

#stayconnectedyyc

## Staying connected *never* gets old.

Calgary's older adults are an incredibly diverse group with a lot to offer, including their life experience and perspective.

Here are some ideas for making connections with older adults, for your benefit and theirs.



**BE KIND:** Choose an act of kindness and make it happen today!



**STAY ACTIVE:** Being physically active is a way for older adults to feel good and connect.



**VOLUNTEER:** Giving back provides chances to connect with others in a meaningful way.



**CONVERSE:** Start a conversation around shared interests to spark new friendships.



**LEARN:** Take a class or learn a new hobby, to meet people with common passions.



**CREATE:** Create something with red yarn and let us know with #stayconnectedyc