

LINDSAY SENIORS ASSOCIATION
210 Kent Street W, Lindsay ON
705-878-8261

Office Hours: Mon - Friday 11am – 1pm
Building Open: Mon - Friday 9am – 3:30pm
Website: www.lindsayseniors.com
Email: lindsayseniors@gmail.com

Volunteers are Amazing!

FEBRUARY 2024 NEWSLETTER

UPCOMING EVENTS

2024 Memberships Due Now
Blood Donor Clinic February 28th, 2024

ANNOUNCEMENTS

2024 Memberships

2024 Memberships are now due and can be purchased in the office Monday through Friday, 11am – 1pm. Conveners are now checking for 2024 memberships.

Benefits of Volunteering for Older Adults

Volunteers strengthen communities, but did you know that volunteer opportunities for seniors have many benefits to a person who serves? This is especially true for older adults who spend their time giving back. Improve your health, relationships, and skillsets. Take a look at some of the benefits of volunteering for older adults.

- Can improve your mental health
- Helps to prevent loneliness and isolation
- Helps to develop a feeling of purpose
- Meet new friends and feel a part of the community
- Can increase physical activity
- Share your talents and learn new skills

Annual General Meeting Thursday, May 30th, 2024

The Lindsay Seniors Association is a non-profit, volunteer run organization that has been offering programs for Senior's since 1965. As of January 2024, we currently have over 400 members participating in 20 different activities. On Thursday, May 30th, 2024 we will hold our Annual General Meeting and elect a new seven person Board of Executives and Directors to run the Lindsay Seniors Association for a period of two years. If we are unable to elect a seven person Board, then per our Constitution, the Lindsay Seniors Association and all activities must close until such time as a Board is elected. The positions that are up for election are the President, Vice President, Secretary, Treasurer and three Directors. This year we have prepared Job Descriptions for each position. If you are interested in any of these positions, you can pick up a Job Description in the office, Monday through Friday 11am – 1pm.

*As you grow older, you will discover that you have two hands.
One for helping yourself, the other for helping others.*
Audrey Hepburn