

*“Yours (our seniors) is an important presence, because your experience is a valuable treasure, indispensable for looking to the future with hope and responsibility.” - Pope Francis, Oct 2016*

We at Saint Patricks' have formed a **seniors' group**. The circumstances we now find ourselves in has changed how we may approach this in the short term. The group would be open to anyone **fifty-five (55) years of age and older**. Our goal is to stay connected and create a community where we can share in our thoughts, feelings and experiences when having some fun and learning about important aspects of our lives that are real today.

To join, please register on our parish web site - [click here](#) - or by calling the Parish Office at 613 233-1125.

A couple of useful sites focused specifically on the needs of seniors are:

The Council on Aging of Ottawa: <https://coaottawa.ca/>

The Good Companions Seniors' centre; Telephone support program:  
<https://thegoodcompanions.ca/community-support-services/telephone-assurance-program-tap/>

How Seniors are coping with Covid-19: :  
<https://coaottawa.z2systems.com/np/clients/coaottawa/eventRegistration.jsp?event=1101&>