



## Seniors Ask Communities

### OWEN SOUND

Active Lifestyles Centre Grey Bruce  
519-376-8304

### SOUTHAMPTON

Chantry Centre 50+  
519-374-9495

### MARKDALE

South East Grey Community Health Centre  
519-986-2222

### DUNDALK

South East Grey Community Health Centre  
519-986-2222

### TOBERMORY

The Meeting Place  
519-596-2313

WHEN YOU  
HAVE  
QUESTIONS **JUST ASK**

Seniors ASK is a **FREE** program that specializes in helping seniors/caregivers in answering questions they may have in any area of concern to them, either locally or beyond Grey Bruce.

# 519-374-9495

## Senior Friendly... Senior Focused ...

[seniorsask@gmail.com](mailto:seniorsask@gmail.com) | [www.alscgb.ca/seniors-ask](http://www.alscgb.ca/seniors-ask)