



VISION

To develop and deliver innovative programs and services that improve the quality of later life.

MISSION

To offer specialized programs and services that are accessible to older Manitobans and support and enhance their social, emotional, physical, intellectual and spiritual lives and promote active participation in all aspects of community life.

MAKE A DIFFERENCE IN THE LIFE OF AN OLDER ADULT

A & O relies heavily on community support to ensure these services continue to be available for older Manitobans today and in the future.

Make a donation at aosupportservices.ca today!

SENIOR IMMIGRANT SETTLEMENT SERVICES A & O: SUPPORT SERVICES FOR OLDER ADULTS

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**SENIOR IMMIGRANT
SETTLEMENT SERVICES**

ENTRY FOR SENIORS - GROUP ORIENTATIONS

A settlement orientation for newcomers who are 55 years of age or older. Participants will learn about living in Manitoba, Canada.

Topics will include:

- Canadian laws and culture
- Health and safety
- Housing
- Transportation
- Money and banking
- Housing and community information

ENGLISH LANGUAGE PROGRAM (ELP) FOR SENIORS

An opportunity for older adults to:

- Learn English needed to do everyday tasks such as going to the doctor, shopping, banking
- Connect with other older adults in their community
- Learn about programs and services for older adults in Winnipeg

Levels Literacy to CLB 4

Classes are three times per week for two hours per class at two locations in Winnipeg.

ENGLISH CONVERSATION CIRCLES FOR SENIORS

An opportunity for older adults to:

- Practice their English skills
- Meet other older adults from their community and around the world
- Learn more about programs and services for older adults in Winnipeg

SETTLEMENT WORKER

Provides:

- Information about community programs and services
- Assistance connecting with programs and services for older adults
- Help with forms and documents
- Opportunities to connect with older adults in the community

