



Community Care Durham

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY



YOU ARE WORTH IT



Social Recreation: Cards & Games



Join us online for fun, laughter, and relaxation while playing Bingo, Euchre and Dominos. Connecting with others can help to reduce stress, depression, and anxiety while increasing healthier lives!

People strive for healthy social interaction and feel supported when they are engaged in activities that support their mental health.

Social Recreation is one of those ways to support people while strengthening our community.

Playing card games can improve memory, concentration, and eye coordination, not to mention it aids in physical healing!

When:
Thursdays
1 p.m. Bingo
2 p.m. Euchre
3 p.m. Dominos

RSVP:
bcatalano@communitycaredurham.on.ca
to receive the link

Where:
Join us online
via
Zoom