

ConnectMore! at Seymour

For Seniors in Need of More Social Support

*(*Family and paid caregivers of program registrants are welcome and encouraged to attend.)*

Do you know someone who:

- **Needs a little help to meet people** and make new friends at the Seymour Center?
- **Wants to get involved in Seymour Center activities** but doesn't know where to start?
- **Could use some guidance in navigating** all the programs and services that the Seymour Center offers?

Help them sign up for the “**ConnectMore at Seymour**” series, where they will **find support** in getting connected to:

- Peers
- Activities and programs at the Seymour Center
- Staff at the center, and information about social services at the Department on Aging

Wednesdays, November 7 – December 19, 9:30a – 12:00p

Registration required by November 1.

For more information or to register, please contact Lisa Meinert at lmeinert@orangecountync.gov or call 919-245-4251.

