



Social Prescription

Patient Label

Date: _____

Staying social is important for mental, physical, and cognitive health. Your doctor recommends that you socialize _____ time(s) per week.

Our city has many free programs available for seniors to socialize safely. Here are some programs that may be of interest to you:

Woodgreen Community Services offers a weekly social phone call program

- To register, call **416-645-6000 ext. 5273**
- For more virtual programs contact their Active Living Centre at **416-705-1530**

SPRINT has a variety of programs to keep engaged

- Virtual social gatherings 3 days per week
- Virtual exercise classes 5 days per week
- Phone calls with volunteers
- To register, call **416-481-0669 ext. 1225**

North York Senior Centre has several virtual social programs

- The “Seniors Centre Without Walls” is a telephone-based program that is free for all
- Live streamed video programs are also available
- Call **416-733-4111** for more information

The Government of Ontario can connect you with more community resources

- Call the Senior’s INFOLine toll free at **1-888-910-1999** for more programs and services.
- Or, check out the Ontario website:
<https://www.ontario.ca/page/seniors-connect-your-community>



STUDENT-SENIOR ISOLATION PREVENTION PARTNERSHIP

Patient Label

Are you interested in a weekly social phone call from a healthcare student?

☐ Yes

☐ No

If yes, what is your phone number? _____

What is your preferred language? _____

If you sign up, a member of the Student-Senior Isolation Prevention Partnership (SSIP) will contact you to explain the program. You can withdraw at any time.