

BENEFITS OF VOLUNTEERING FOR SENIORS 55+: WEBINAR

In Collaboration with Volunteer MBC



VOLUNTEER MBC
MISSISSAUGA • BRAMPTON • CALEDON
care • community • connection

Wednesday, November 26, 2025

11:00 a.m. – 12:00 p.m.

Join this webinar to learn about the benefits of volunteering for seniors 55 and older!

Volunteering is a wonderful way for seniors to stay socially connected, active, and engaged in their communities. It helps build meaningful friendships, keeps minds and bodies active, and provides a strong sense of purpose and belonging.

Register by phone or email:

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