

## CONTACT AND LOCATION

Shalom Village  
70 Macklin Street N.  
Hamilton, ON  
L8S3S1

905-529-1613 X220

Website:  
[www.ShalomVillage.ca](http://www.ShalomVillage.ca)

Email:  
Spark@ShalomVillage.ca

Phone:  
905-529-1613 X220

**Free parking, easy  
transit access,  
mobility friendly  
facility.**

## WELCOME TO SENIOR'S SPARK

Discover a safe, friendly,  
place to learn, move, and  
laugh.

Whether you want to enjoy a  
coffee and chat, try gentle  
exercises, or explore new  
ideas, Seniors Spark has  
something to ignite the  
interest of seniors and  
caregivers of all ages and  
abilities .

Seniors Spark programs are  
FREE for all seniors and  
caregivers.

## HIGHLIGHTS

- Warm, social gatherings & health talks
- Gentle movement suited to all mobility levels
- Caregiver connection & support



Seniors Spark  
programs are  
funded by the  
Ontario Government

Ontario 

# SENIOR'S SPARK

COMMUNITY PROGRAMS  
@SHALOM VILLAGE

***Community programs for  
seniors and caregivers  
that spark curiosity,  
nurture health & create  
lasting connections.***

**Ignite something  
new in your life.**

**Join our FREE  
social, fitness  
and educational  
programs to  
support seniors  
and caregivers.**



## SOCIAL & EDUCATIONAL PROGRAMS

- Health & Hydration Social – weekly
- Health Talks – monthly
- Caregiver Connection – ongoing support sessions
- Fun socials and discussions – regular gatherings

Our social and educational programs are designed to bring people together.

Whether you're looking to learn something new or just share a coffee, you'll find friendship and connection here.



## GENTLE FITNESS PROGRAMS

- Chair Yoga – weekly
- Walkercize – weekly (designed for people using walkers)
- Stretch & Strengthen – weekly

Our fitness sessions are gentle, supportive, and adapted to all mobility levels. You'll feel better in body and mind – and you'll have fun while you're at it.

## WHY SENIORS SPARK?

- Reduce isolation
- Improve wellness
- Foster lifelong learning
- Support caregivers

*It's more than a program – it's a community.*

**Free to all Hamilton area seniors and caregivers.**

To register or learn more about Spark Community programs or Shalom Village:

Visit our website at:  
[www.ShalomVillage.ca](http://www.ShalomVillage.ca)

Send us an email at:  
[Spark@ShalomVillage.ca](mailto:Spark@ShalomVillage.ca)

Call Greg at:  
905-529-1613 X220