

Adults 55+ Facebook Group

The City of Pickering's Recreation Team has put together a Facebook Group for all things 55+.



If you have a Facebook account or your friends do, please be sure to join so that you can be kept up to date on all programs, information and activities we are putting out for adults 55+ during this time of physical distancing and isolation.

Click the link below, lots of fun coming your way, you don't miss out!

[Adults 55+ Facebook Group](#)

Adults 55+ Resource Guides

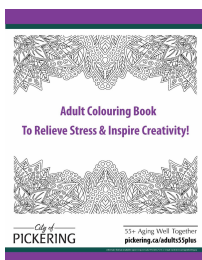
Free Resources to help Pickering Adults 55+ during this challenging time with COVID-19.

[Adults 55+ Resource Guide](#)

Durham Housing Advisory Network in collaboration with The Gap Committee also has provided a reliable resource guide for various supports offered throughout Durham Region.

[COVID-19 Supports in Durham Region](#)

Are you looking for some more options for things to do?



Challenge yourself to complete a page from one of these books! Colouring can be a great stress reliever and a way to inspire creativity. You can print the pages off, or download the PDF to your computer and open it with Paint and colour right off of your computer!

[Adult Colouring Book](#)

Stay Safe Everyone! Remember to check pickering.ca/covid19 for regular updates.