



SPECS

Connecting seniors to social activities, groups, and services in their community.

Social Prescriptions Engage Cultural Seniors

(SPECS) is a project of the Community Waterfront Heritage Centre (CWHC) to enhance the lives of seniors by involving them in cultural and community activities.

The SPECS project offers a variety of activities, such as:

- ✓ Local history presentations at the CWHC
- ✓ Tours at Billy Bishop Museum
- ✓ Art exhibits at Tom Thomson Art Gallery
- ✓ Afternoon movies at the library, and more!

WWW.GREYBRUCEOHT.CA/SPECS

HOW DOES IT WORK?

You can get involved in SPECS by connecting with a Link Worker who will guide you to different activities and programs for seniors like you.

CONNECT WITH US



519-371-3333



specs@waterfrontheritage.ca



www.greybruceoht.ca/specs

A Link Worker will contact you to discuss your interests and needs and help you find the right activities for you in Owen Sound.



A sense of belonging MATTERS to health!



**Participation in most aspects of the SPECS project is free of charge. Some cultural organizations and events not funded by this program may offer events at a reduced rate for seniors.*



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Canada