

Our Friendly Contact Program offers Supportive Friendship
By Sandy Morse

Do you find yourself wishing you could get out for lunch once in a while, maybe catch a movie, attend a concert, receive a birthday wish, or just converse with some friendly faces ? With the holidays just around the corner, it can be a challenge when family and friends are not here or driving is an issue ... but no worries, Senior Village is here for you! Just join our *Friendly Contact* program and you'll soon see a day out is possible, friendly faces are smiling back at you, and days can be brighter!

The amazing *Friendly Contact Senior Village* volunteers offer supportive companionship by phone and/or personal visits plus planned social events. Monthly birthday celebrations, (*and at this age, birthdays are truly a reason to celebrate*) are great fun and exciting and new activities, like a monthly Lunch and Movie event, are in the works. Senior Village will also provide transportation for our members to these social events.

Although SaddleBrooke is known for its active lifestyle of endless activities and social gatherings, when one is alone, physically limited or unable to drive, partaking in activities and socializing may be out of reach for many. Isolation, loneliness and depression can set in as old friends move on, families are afar, widowhood is a reality, and socialization becomes nonexistent.

Senior Village recognizes the effect of these life events and knows that by staying active, establishing supportive friendships and having social interaction, the quality of life is enhanced and longevity can actually be increased. We are here for those who want and need more social interaction in their lives, and for those members who are homebound, lonely or out of touch with friends, *Friendly Contact* is their only link to the community.



These happy Senior Village members enjoyed celebrating their birthdays together.

Get out of the house, meet new friends, laugh and have some fun, there is no reason to ever be lonely. Just call us @ 314-1042 and become part of this warm and supportive group of friends.