

The Sunrise Sunset Activity Center is Introducing PHONE PALS



We want everyone to stay Socially Connected!

If you or someone you know will be staying home more this winter and might enjoy a weekly phone conversation then we want to **TALK!**

WAYS THAT YOU CAN BE INVOLVED

- * Are you someone who enjoys starting conversations and would feel comfortable reaching out to initiate a phone friendship?
- * Could you help us to identify those in our community that would want or need more Social Connectivity?
- * Would you like to be matched with a Phone Pal to engage in friendly conversations this winter?

A phone call is such a simple way to brighten someone's day!

Call the Sunrise Sunset Activity Center for more information.

Program Director - Kim Tilton - 659-4469

Sunrise Sunset Activity Center
2 Terrace Drive, Newmarket, NH
sunrise@newmarketnh.gov

