



St. Clair O'Connor Community Inc.
2701 St. Clair Ave. E. ON M4B 1M5
Tel: 416-757-8757

**With Instructor
Nora Jones**



Horticulture Club

**IN-PERSON & ZOOM PRESENTATIONS ON
HEALTH AND NUTRITION**

**Please visit www.scoc.ca to download our
activity calendar for the next program.**

**Would you like to develop new skills as you learn gardening
techniques and flower arranging methods?**

Making new friends and meeting new people?

Building positive habits into your day?

Learning the history of Horticulture on different topics?

**Join us twice a month, all older adults are welcome, and no cost
needed, funded for Sowing Seeds of Health & Nutrition Project by
2021-2022 Federal New Horizon for Seniors Program Grant
(NHSP).**

For new comers in the community our Live Virtual Program

Sessions are on ZOOM

Meeting ID: 592-797-6654