

# SAIL INFORMATION AFTERNOONS

...Join us for information, conversation & refreshments

*Virde Seniors Access for Independent Living*

*Questions? ... call Krista at 204-748-2323*

**3RD  
THURSDAYS  
1:30-3:30PM**

**2024  
SPRING**

**MARCH 21**

## **MONEY TALK...TAXES AND MORE**

WHAT CAN I LEARN ABOUT HOW TO  
MANAGE MY FINANCES, AND ARE THERE  
NEW SUPPORTS I MIGHT QUALIFY FOR?



Gwenda Hayward Presenting

**APRIL 18**

## **MENTAL HEALTH AND WELLNESS**

CHECK OUT THE SUPPORTS AVAILABLE  
IN OUR OWN COMMUNITY FOR  
WELLBEING



Teresa Anderson Presenting

**MAY 16**

## **A.P.P.L.E. TECHNOLOGY SUPPORT**

HOW DO I USE TECHNOLOGY SAFELY? WOULD  
AN EMAIL OR FACEBOOK ACCOUNT BENEFIT ME  
WHEN CONNECTING WITH OTHERS? WHAT IS  
VIDEO CHATTING ALL ABOUT?



Sara Meyers Presenting

*@the Border Regional Library 312 Seventh Ave S  
3rd Thursday of every month 1:30-3:30pm*

