



# Southeast Seniors

HELPING SENIORS LIVE WELL AT HOME

N N

N N

F F N N

N N

N N N N

N N

N

N

N

N N

N N N N



# Spring Yard Clean-Up



By Moira Olson, Service Coordinator

◇

.





22 Malcolm Ave SE, #125  
Minneapolis, MN 55414  
612-331-2302  
www.seseniormpls.org  
info@seseniormpls.org  
Like us on Facebook!

NONPROFIT ORG  
US POSTAGE PAID  
TWIN CITIES, MN  
PERMIT 21369

### Upcoming events held virtually via Zoom:

Older Adult Resource Series: Held on Wednesdays from 1:30-2:30 pm

- April 14th: Gender Identity & Pronouns
- May 12th: Better Sleep for Better Health
- June 9th: A Backup Plan for Minnesota's "Solo Seniors"
- June 16th: Recycling- What's the Deal?

Lunch Bunch Reconnect: Held on Wednesdays from 12-1:30 pm

- April 21st: Elder Abuse & Financial Exploitation
- May 19th: Minnesota Gems to Visit this Summer

To register, call Southeast Seniors at 612-331-2302 or email us at info@seniors.org. Please provide your name, email address, and phone number. Registration closes at midnight the night prior to each program.



**Serving people 65 and older and their caregivers in Southeast Minneapolis since 1988!**

**Services Include:**

- Volunteer services
- Resource coordination
- Transportation
- Nursing services on a sliding fee scale
- Health promotion
- Services for caregivers

Please contact us at 612-331-2302 or info@seseniormpls.org if you are interested in receiving services or if you would like to volunteer

**Seniors at home: comfortable, connected & safe**