Looking Out For Each Other!

Would you be interested to be a part of a small group ("bubble") within PTV where members can best look out for one another or get together for smaller gatherings?

Prime Timers Vancouver would like to assist members to form smaller groups to meet more locally and more frequently than what PTV currently offers. The idea of forming small groups within PTV encourages members to reach out to one another and support those who may be unable to or want to attend large PTV gatherings.



Ideally a bubble is made up of 3 to 4 members (may be difficult to follow through if more than 4 members are part of the bubble). Members would reach out to each other by phone ("wellness call") at least twice a week and or get together for coffee or a board game or even grocery shopping. Ultimately the members of each bubble will decide for themselves how they would like to interact within the bubble and how frequently they would be in contact with each other.

The bubble may be formed based on physical proximity of where you reside or based on the type of activities in which you participate. Some of you may have already been participating on a regular basis for the Sunday brunch, pub, dining out, or walking group, etc. In that case, your regular meet up group(s) may be a foundation to form your own bubbles.

PTV would also assist members to organize bubbles whether they may know many others or may not know others well enough to organize themselves.

Please email: <u>primetimersvancouvercanada@gmail.com</u> or contact any board member if you would like assistance.