

## Become a Friend of Silvera:

### Give to our “Stockings for Seniors” campaign!

This holiday season, we need your help to support seniors and older adults living in Silvera communities.

Show a Silvera resident how much you care by giving a stocking full of items they will love.

Everyone needs a friend, and seniors have been especially challenged with loneliness and isolation over the past 22 months. Will you become a Friend of Silvera and help us extend the gift of friendship to seniors and older Calgarians?

This is a safe, simple, fun and inexpensive activity you can do virtually or distanced with a group, including families, friends, corporate teams, or groups from schools, churches or community associations.

Until December 18 at 3 p.m., pack a stocking or two and safely deliver them to the collection boxes in the entry vestibule of one of the following locations:

- Silvera Shawnessy, 30 Shannon Pl. SW, 403-256-4036
- Silvera Aspen, 1171 Bow Valley Ln NE (in Bridgeland), 403-265-2090
- Silvera’s Admin Office, #804, 7015 Macleod Trail SW (in the Centre 70 building) between 9 a.m. and 3 p.m. Monday to Friday.

We are also partnering with the Calgary Canucks who will accept donations at their Dec. 3, 7 and 18 home games at Henry Viney Arena, 814 – 13 Avenue NE.

Keep the following in mind when choosing items for your stocking:

- Please ensure items are gender non-specific.
- Please do not include gift cards or lottery tickets in stockings, as many residents are restricted to their communities during the pandemic.
- All food items must be in original (as-purchased) packaging – no homemade treats please.
- Please do not gift wrap the items in your stocking.
- Please avoid including items that are overtly religious.

Suggested items you may wish to include:

#### Food/Treats

- Candy/chocolates
- Ground coffee/flavoured teas/ hot chocolate
- Freeze dried fruit



**Activities/Entertainment**

- Large print word search books or crossword puzzles
- Magazines
- Playing cards
- Trivia books
- Book light

**Hygiene products** (unscented if possible)

- Shampoo/Conditioner
- Hand lotion
- Lip balm

**Other**

- Socks
- Winter gear (hats, mitts, scarves)
- Flashlight w/ batteries
- Flameless candles

Please contact [donate@silvera.ca](mailto:donate@silvera.ca) if you have questions or need additional information.

Thank you for being a Friend of Silvera!