



Hat

HAT FOUNDATION

TOGETHER WE ARE CONNECTED AND
UNITED. DISCOVER HOW HAT CAN
UNITE US.

ABOUT US



We have all been lonely and isolated at some point. Being a senior does not make loneliness normal. Seniors have given a lot to the community and helped build, shape and contribute effectively to our communities. They are valued, respected and have a lot to offer. HaT helps create meaningful connections between our seniors and the community. Helping to support them with some of the resources that they need to make them feel connected to the community.

OUR SERVICES

- Weekly check in
- Weekly Mixer
- Weekly therapy exercise



SENIORS



Wouldn't it be nice to talk to someone who is actively interested in regularly checking in with you? It's a great way to engage with your community and be appreciated. Not disregarded, but respected, listened to and appreciated. We genuinely care for you and want you to feel as a valuable member of the society. We welcome all seniors

- That can communicate and participate in our services

You can enroll yourself or be referred by a caregiver, family member, friend, or service provider

OUR HOW



WEEKLY CHECK-IN

Our weekly check-in is to build a social connection with our seniors and the community. Having someone who cares about you, your activities and your worries is part of what makes us feel human and valued. Our seniors are valued and we need to let them know this often.



SAVING MONEY

Our weekly mixer is a time when we connect with other seniors. This gives us the opportunity to develop positive relations, and interact on various topics and ideologies. Giving our seniors the chance to keep connected and influence each other.



WEEKLY EXERCISE

Everyone knows that feeling good mentally goes with feeling good physically. Been a senior does not limit you from feeling and looing good. We got you.

CONTACT

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