

# Older Adult Refugees and Friends



DRCOG area agency on  
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## Older Adult Refugees and Friends offers services for older adults from refugee and immigrant communities.

Activities reduce social isolation, increase integration experiences and community connections, and promote better overall health and wellness. The program provides space for older adults (60 and older) from refugee and immigrant communities to gather, exercise, socialize and learn new things. It provides health and wellness education, English and citizenship classes, and access to other services available for older adults.



For more  
information, call

**303-480-6700**

and ask for the refugee program manager. Or  
email [RefugeeProgramDL@drcog.org](mailto:RefugeeProgramDL@drcog.org).

*Services are provided in participants' own  
languages. Multilingual staff and phone  
interpreter services are available.*

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