

Qiimo dhimis ku haboon Dadka Da'da ah



Ma ka weyn tahay da'da 60? Mase tahay 18-59 Sano jir naafo ah?

Waxaad u qalantaa *Kardka bilaashka ahee Gold* ama *FLASH* isticmaal si aad u hesho qiimo dhimista Goobaha soo socda!



In ka badan 130 qiimo dhimis ah ayaa laga heli karaa gobolka oo dhan!



Eeeg qiimo dhimista

- isticmaal kamarada taleefankaga gacanta si aad u sawirto koodka QR



Ama booqo [Seattle.gov/](http://Seattle.gov/AgeFriendlyDiscounts)

[AgeFriendlyDiscounts](http://Seattle.gov/AgeFriendlyDiscounts) si aad u aragto qiimo dhimista oo aad u codsato kaadhkaaga.

Ma rabtaa ilo badan oo ku saabsan caafimaadka dadka Waayeelka?

1. Ka qaybgal Isku Imaadka kafeega madaniga ah qof ahaan ama Zoomka si aad uga maqasho khubarada arrimo badan oo muhiim u ah dadka waaweyn. [Seattle.gov/agefriendly](https://seattle.gov/agefriendly)
2. Ku soo biir Seattle Parks and Recreation iyo Madadaalada Nolasha Dheer Barnaamijyada socodka kooxda, xiisadaha, iyo dhaqdhaqaaqyada kale ee bulshada iyo jirka. seattle.gov/parks/recreation/for-adults-50
3. Ka baadh cutubka xiga maktabadda dadweynaha Seattle barnaamijyada iyo agabka Gabowga wanaagsan si aad u qorshaysato hawlgabka. [spl.org/programs-and-services/adults-50-plus/cutubka xiga](https://spl.org/programs-and-services/adults-50-plus/cutubka-xiga)
4. La xidhiidh Community Living Connections si aad u waydiiso su'aalo ku saabsan agabka iyo adeegyada aad heli kartan Adiga iyo kuwa aad jeceshahay ee wajahaya caqabadaha la xidhiidha gabowga ama naafanimada.
844-348-5464 (lacag la'aan) CommunityLivingConnections.org

Ka dhigista Seattle meel wanaagsan oo lagu *karo* oo lagu cimri qaato!

