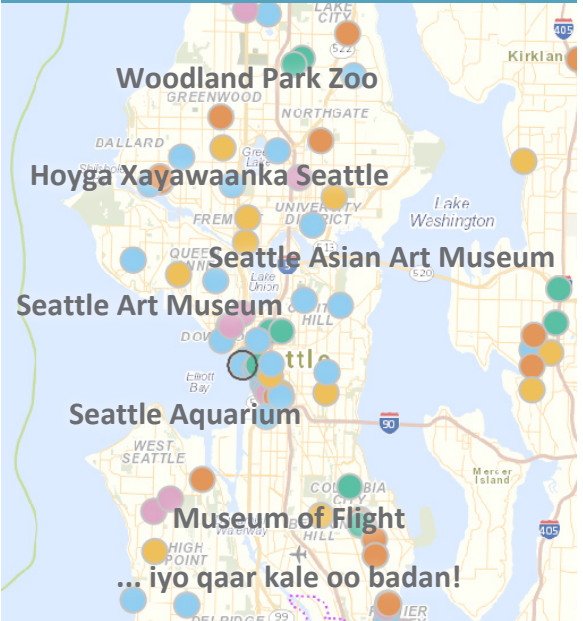


Qiimo dhimis ku haboon Dadka Da'da ah



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/

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. [1-844-348-5464 \(lacag la'aan\)](https://1-844-348-5464) CommunityLivingConnections.org

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

