

2010 PAYMENT DATES ASB = Alberta Seniors Benefit /CPP = Canada Pension / OAS = Old Age Security

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22 ASB	23	24 CPP	25 /	26 OAS	27	21	22	23	24	25 ASB	26	27
24/31	25 ASB	26	27 CPP	28 /	29 OAS	30	28							28	29 CPP	30 /	31 OAS			
April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1			1	2	3	4	5
4	5	6	7	8	9	10	3	3	4	5	6	7	8	6	7	8	9	10	11	12
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24 ASB	25	26
25	26 ASB	27	28 CPP	29 /	30 OAS		23	24	25 ASB	26	27 CPP	28 /	29	27	28 CPP	29 /	30 OAS			
							30	31 OAS												
July							August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25 ASB	26	27 CPP	28	19	20	21	22	23	24 ASB	25
25	26 ASB	27	28 CPP	29 /	30 OAS	31	29	30 /	31 OAS					26	27	28 CPP	29 /	30 OAS		
October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6				1	2	3	4
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16 ASB	17	18
17	18	19	20	21	22	23	21	22	23	24 ASB	25	26 CPP	27	19	20	21	22 CPP	23 /	24 OAS	25
24/31	25 ASB	26	27 CPP	28 /	29 OAS	30	28	29 /	30 OAS					26	27	28	29	30	31	



Seniors Outreach is a "One Stop Shop for Information"

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Seniors Outreach is a non-profit and non-government agency. **Donations are greatly appreciated.**

- ▲ Any need a senior may have they can come to Seniors Outreach to get help.
- ▲ Are you turning 65 and need help applying for or have questions about benefits?
- ▲ Are you on all the benefits available?



▲ Do you have questions about Old Age Security; Canada Pension; Alberta Seniors Benefit; housing, health care; abuse; support; taxes; Meals On Wheels; etc. **Call Seniors Outreach @ 780-539-6255 for an appointment.**