

### **Lean on Me**

Wednesdays, March 20 AND 27, 2019

9:00 am - 4:00 pm

Location: Kinsmen Recreation Centre,  
20 Granville St.

*\*must attend both days for certificate*

### **Journal Café**

Tuesdays

January 8 - March 5, 2019

10:00 am - 12:00 pm

Location: Kiwanis Seniors Centre,  
78 Riverside Dr.

### **Journal Squad**

Mondays

January 14- March 4, 2019

1:00 pm - 3:00 pm

Location: Kiwanis Seniors Centre,  
78 Riverside Dr.

### **Save the Date:**

REXPO-Recreation and Leisure Fair

Saturday, April 6, 2019

10:00 am - 2:00 pm

FREE!

Location: Kiwanis Seniors Community Centre  
78 Riverside Dr.



# **Third Age Outreach**

## ***Program Starting Dates for***

## ***Winter 2019***

*(See our brochures for program descriptions )*

Third Age Outreach is located at the:

**Kiwanis Seniors  
Community Centre  
78 Riverside Drive**

To register or for more information

On any of these programs

please call 519-661-1621 or 519-661-1620

or visit our office

[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)

**ASAP**

Tuesdays and Thursdays starting:  
January 8, 2019  
1:00 pm - 2:00 pm  
Location: Horton St. Seniors Centre,  
184 Horton St.

**Fully Alive**

Wednesday  
January 9 - February 27, 2019  
10:00 am - 12:00 noon  
Location: Kiwanis Seniors Centre,  
78 Riverside Dr.

**Grey Matters**

Wednesdays  
April 17 - June 5, 2019  
10:00 am - 12:00 pm  
Location: Bostwick Library, 501 Southdale Rd. W.  
\*Note this is a City of London Spectrum Program  
Phone 519-661-5575 to register starting Feb. 8, 2019

**Living Life on Purpose**

Thursdays  
January 10 - February 28, 2019  
1:30 pm - 3:30pm  
Location: Kiwanis Seniors Centre,  
78 Riverside Dr.

**Trailblazers**

Every Friday Ongoing  
1:00 pm - 3:00 pm  
Location: Kiwanis Seniors Centre,  
78 Riverside Dr.

**TAAPS**

Tuesdays and Thursdays starting:  
February 12, 2019  
2:00 pm - 3:00 pm  
Location: Horton St. Seniors Centre,  
184 Horton St.

**Acorns & Oak Trees**

2nd Wednesday of the month from  
October 2018 to June 2019  
10:00 am - 11:30 am  
Location: Kinsmen Recreation Centre, 20 Granville St.

**TACT-Computer Classes**

Various Days & Times of the Week  
Starting the week of January 21, 2019  
Location: Kiwanis Seniors Centre, 78 Riverside Dr.

**Widows and Widowers**

Thursdays  
March 21 - May 9, 2019  
10:00 am - 12:00 pm  
Location: Kiwanis Seniors Centre, 78 Riverside Dr.

**Living Out Loud**

Every Monday ongoing  
1:00 pm - 3:00 pm  
Location: Hamilton Road Seniors Centre, 525 Hamilton Rd.

**LEAP-Leisure Education**

Thursdays  
March 28 - May 16, 2019  
1:30 - 3:30 pm  
Location: Kiwanis Seniors Centre,  
78 Riverside Dr.

Please turn over

