

Brought to you by:

Third Age Outreach
Specialized Geriatric Services
St. Joseph's Health Care London
78 Riverside Drive
London, ON N6H 1B4



Horton St. Seniors' Centre
184 Horton Street East
London, ON N6B 1K8



ASAP

Tuesdays and Thursdays
1:00 pm - 2:00 pm

Horton St. Seniors Centre

TAAP

Tuesdays and Thursdays
2:00 pm - 3:00 pm

Horton St. Seniors Centre

Location and Information

Hours:

8:30 am - 4:30 pm
Monday to Friday

Location:

Third Age Outreach
Kiwanis Senior Centre
78 Riverside Drive

Telephone:

519 661-1621 or
519 661-1620

Website:

www.thirdageoutreach.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Accessible Supported

Aquatic Program

(ASAP)

and

Transitional Accessible Aquatic

Program

(TAAP)



*A Warm Water
Exercise Program
for People with
Decreased Mobility*

CARING FOR THE
BODY, MIND & SPIRIT



Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

For Information and Forms

Please contact:

ASAP

Bev Farrell

Third Age Outreach

519-661-1620

TAAP

April Zehr

Community Stroke

Rehabilitation Team

Parkwood Institute

519-685-4292 ext. 42357

ASAP

Wellness Pool

Horton St. Seniors' Centre

Boys' & Girls' Club

184 Horton Street

Tuesdays & Thursdays

1:00 pm - 2:00 pm

TAAP

Wellness Pool

Horton St. Seniors' Centre

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Tuesdays & Thursdays

2:00 pm - 3:00 pm

Both Programs Cost:

\$40.00 per session

Sessions run from September to December,
January to March and April to June

In partnership with St. Joseph's Health
Care London's Third Age Outreach
program , the Community Stroke
Rehabilitation Program and the Horton St.
Seniors' Centre, we offer a specialized
water exercise program

These classes are for people with mobility
concerns who need to exercise in a safe,
closely supervised environment

All participants must have medical
approval from their doctor
prior to starting

Call us for medical forms or for
more information

