

### 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

### **TAAPS**

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

CARING FOR THE  
BODY, MIND & SPIRIT  
SINCE 1869



[sjhc.london.on.ca](http://sjhc.london.on.ca)

### Accessible Seniors

### Aquatic Program

**(ASAP)**

and

### Transitional Accessible Aquatic

### Program for Seniors

**(TAAPS)**



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

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CARING FOR THE  
BODY, MIND & SPIRIT



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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

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TAAPS

Laura Veenstra

Community Stroke

Rehabilitation Team

Parkwood Institute

519-685-4292 ext. 42468

ASAP

Wellness Pool

Horton St. Seniors' Centre

Boys' & Girls' Club

184 Horton Street

Tuesdays & Thursdays

1:00 pm - 2:00 pm

TAAPS

Wellness Pool

Horton St. Seniors' Centre

Boys' & Girls' Club

184 Horton Street

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 seniors 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