

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
Next Session: January 10, 2017

Horton St. Seniors Centre

TAAPS

Tuesdays and Thursdays
2:00 pm - 3:00 pm
Next Session: January 10, 2017

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

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.

**Accessible Seniors
Aquatic Program
(ASAP)
and
Transitional Accessible Aquatic
Program for Seniors
(TAAPS)**



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

CARING FOR THE
BODY, MIND & SPIRIT



For Information and Forms

Please contact:

ASAP

Bev Farrell

Third Age Outreach

519-661-1620

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

