

### Third Age Outreach

#### SPECIALIZED GERIATRIC SERVICES

**Third Age Outreach** is part of St. Joseph's Health Care London's Specialized Geriatric Services program. This unique hospital outreach service is located in the City of London's Kiwanis Seniors' Community Centre.

Third Age offers programs, educational courses, group activities and therapeutic recreation promoting wellness, personal development, independence and improved quality of life for seniors.

If you are interested in any of these programs or would like additional information, please call the **Third Age Outreach** office.

Third Age is a member of the Age Friendly London Network and Stepping Out Safely!

Watch for our recreation and leisure fair for people thinking of retiring. "REXPO" is coming soon!!

### 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:

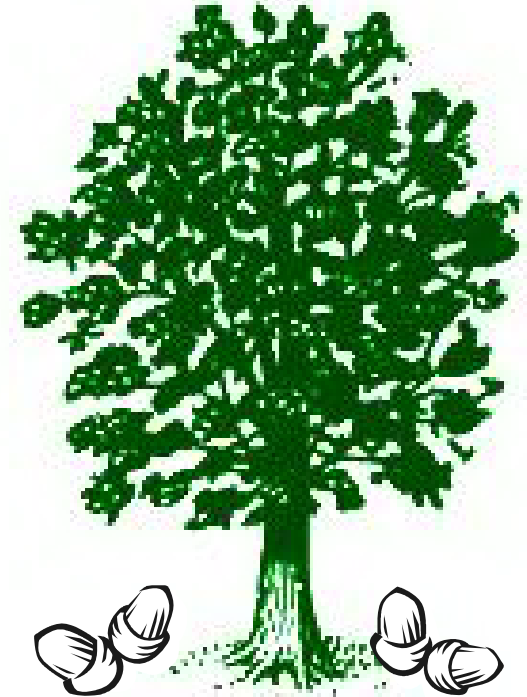
[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)

CARING FOR THE  
BODY, MIND & SPIRIT  
SINCE 1869



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

### Acorns and Oak Trees



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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.

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## What is Acorns and Oak Trees?

Acorns and Oak Trees is an intergenerational program, matching seniors with children from Northridge Public School.

If you enjoy:

- Children
- Games
- Activities
- Crafts
- And much more

Then this is the program for you! Acorns and Oak Trees helps foster the relationship between generations as well as helps individuals to feel more connected to their communities. Each month seniors and children engage in a variety of new and exciting activities together creating memorable experiences.

Call Third Age Outreach to register  
at 519-661-1621

## Schedule and Locations for 2016-2017

1. **Wednesday, October 12th, 2016**  
Royalcliff e Retirement Residence
  2. **Wednesday, November 9th, 2016**  
Northridge Public School
  3. **December, 2016**  
Grand Theatre
  4. **Wednesday, January 11th, 2017**  
Kinsmen Recreation Centre
  5. **Wednesday, February 8th, 2017**  
Kinsmen Recreation Centre
  6. **Wednesday, March 8th, 2017**  
Kinsmen Recreation Centre
  7. **Wednesday, April 12th., 2017**  
Royalcliff e Retirement Residence
  8. **Wednesday, May 10th, 2017**  
Northridge Public School
  9. **Wednesday, June 14th, 2017**  
Northridge Public School
- 12:00  
1:00—2:30pm unless noted otherwise.

## Location

Locations:

Kinsmen Arena and  
Recreation Centre,  
20 Granville St.

(end of Barrington Ave, off of Wharncliffe  
between Oxford Street and Riverside)

Northridge Public School  
25 McLean Drive

Royalcliffe Retirement Residence  
609 Wharncliffe Rd. South

Sponsored By:

Third Age Outreach

City of London

Royalcliffe Retirement Home

Northridge Public School