

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:

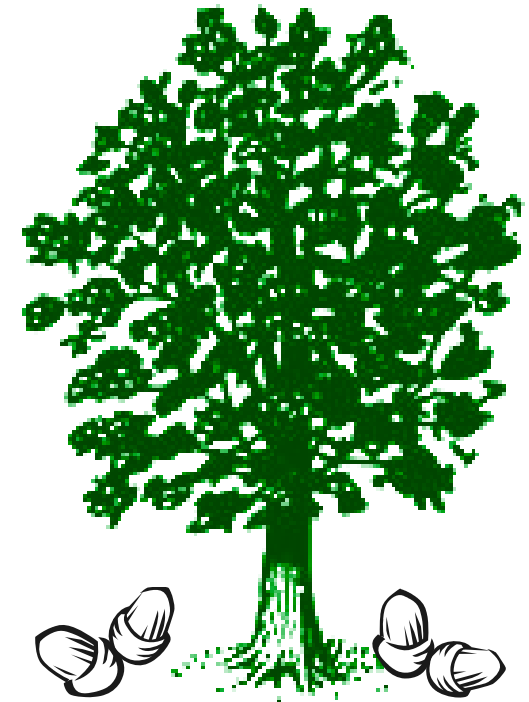
www.thirdageoutreach.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Acorns and Oak Trees



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 London Christian Academy

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 2018-2019

1. **Wednesday, October 17th, 2018**
London Christian Academy
2. **Wednesday, November 14th, 2018**
Kinsmen Arena and Recreation Centre
3. **Date to be determined**
London Christian Academy
4. **Wednesday, January 9th, 2019**
Royalcliffe Retirement Residence
5. **Wednesday, February 13th, 2019**
Kinsmen Arena and Recreation Centre
6. **Wednesday, March 20th, 2019**
Royalcliffe Retirement Residence
7. **Wednesday, April 10th, 2019**
Kinsmen Arena and Recreation Centre
8. **Wednesday, May 8th, 2019**
Kinsmen Arena and Recreation Centre
9. **Wednesday, June 12th, 2019**
Royalcliffe Retirement Community

****10:00—11:30 am 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)

London Christian Academy
85 Charles Street

Royalcliffe Retirement Residence
609 Wharncliffe Rd. South

Sponsored By:

Third Age Outreach
City of London

Royalcliffe Retirement Home
London Christian Academy