



Third Age Outreach

... working with community partners to provide education, recreation and leisure for seniors

- **Fully Alive:** An 8-week well-being program designed for Seniors who want to learn how to live their lives to their fullest potential.
- **Widows & Widowers:** A social & educational program for bereaved seniors.
- **ASAP** (Accessible Seniors Aquatic Program) and **TAAPS** (Transitional Accessible Aquatic Program for Seniors): A warm water exercise for seniors with decreased mobility.
- **Acorns and Oak Trees:** Seniors and children sharing the joys of the generations.
- **TACT: Third Age Computer Teaching:** Computer technology: Taught to seniors, by seniors for beginners.
- **LEAP:** Is a leisure education program providing a transitional opportunity for older adults.
- **Grey Matters:** A memory strategy and education program for seniors.
- **Trailblazers:** A social and educational program for older adults living alone or looking for social connections.
- **Lean on Me:** A free community based training program for volunteers who work with seniors.
- **Westmount Gathering Place:** A weekly drop-in program Mondays from 9:00 am - noon.
- **The Journal Café:** Our newest addition! Come explore the health benefits of journaling!
- **Therapeutic Recreation referrals.**
- **Adapted Golf Clinic in the Spring and Tournament every Summer!**

For program information or registration

Call Third Age Outreach at 519-661-1621 or 519-661-1620

www.thirdageoutreach.ca

EDUCATIONAL OPPORTUNITIES FOR SENIORS 2016—2017



*Presentations
by
Community Experts*

** Registration is required for all sessions**

Sponsored by:

Third Age Outreach, St. Joseph's Health Care London
London Public Library
City of London



The views and opinions of the presenters do not necessarily reflect those of the sponsoring organizations

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** Denotes a special community event

*The following Organizations are Sponsors of
EDUCATIONAL OPPORTUNITIES 2016 - 2017:*

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"Anyone who keeps learning stays young.

The greatest thing in life is to keep your mind young"

Henry Ford



**Community,
Culture &
Creativity**

- book clubs • community activities
- computer classes • ebooks
- genealogy resources • volunteering

www.londonpubliclibrary.ca 519-661-4600



The **London Public Library** offers computer classes covering such topics as computer basics, social media, email and internet.

Find out more:

Check our Access magazine, in print or online, see Programs & Events on our website or ask staff at any Library location

The following organizations are sponsors of
EDUCATIONAL OPPORTUNITIES FOR SENIORS
"Teamwork divides the task and doubles the success"
 Author unknown

The **City of London** offers a variety of programs for adults and older adults throughout the city.
 Contact the community centre closest to you for more information:

Hamilton Road Seniors Community Centre 519-661-5758
 Kiwanis Seniors Community Centre 519-661-5740
 Senior Satellite Programs 519-661-2500 ext.. 5769
 Spectrum Programs 519-661-5575
 www.london.ca/seniors




Probate / Estate Planning
 Estate planning can be overwhelming! Come out and ease the stress and learn about writing your Will, POA's, Estate Trusts and more.
 Wednesday, September 21, 2016 1:30 pm – 3:00 pm

Location: Westmount Library
 3200 Wonderland Rd. S.


Presenter: Anne Reinhart, Partner
 Leners LLP

Register by calling Third Age Outreach : 519-661-1621



Keep this Date Open
Senior Health Today: Wellness Fair
 Wednesday, September 14, 2016 9:00 am - 4:00 pm
 Cherryhill Village Mall, 301 Oxford St. W.

Keep this Date Open
 Stepping Out Safely—Healthy Aging Event
 Saturday, October 1, 2016 9:45 am - 2:00 pm
 Kiwanis Seniors Community Centre
Register by calling Third Age Outreach : 519-661-1621



The Benefits of Music

Learn about the benefits of music to your health and wellness.

Wednesday, October 19, 2016 1:30 pm - 2:30 pm

Location: Masonville Library
30 North Centre Rd

Presenter: Jill Kennedy Tufts
Music Therapist
St. Joseph's Health Care London

Register by calling Third Age Outreach : 519-661-1621

Contenance and You: What Treatment Options are Available?

Wednesday, November 16, 2016 1:30 pm - 2:30 pm

Location: Cherryhill Library
301 Oxford St. W.

Presenter: Christine Slegers RN,BSCN, Nurse Clinician
St. Joseph's Health Care London

Register by calling Third Age Outreach : 519-661-1621

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Silk Scarf Workshop for Seniors Month!

Enjoy an afternoon with friends and design a beautiful silk scarf to add to your summer wardrobe.

Friday June 16, 2017 1:00 pm - 4:00 pm



Location: Beacock Senior Satellite
1280 Huron St.

Presented by: City of London and Third Age Outreach

Register by calling Tracy at 519-661-2500 ext 5769

The cost for one scarf is \$5

"Fall" into Exciting Recreation and Leisure Opportunities!

Learn all the new and exciting things to do this September!

Wednesday, August 16, 2017 1:30 pm - 3:00pm

Location: Kiwanis Seniors Community Centre
78 Riverside Dr.

Exhibitors: Program information will be provided by:
The City of London, Third Age Outreach of St. Joseph's Health Care London, London Public Library, Horton St. Seniors Centre and more!

Registration is not required. Just drop in!

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Dr. Jennie Wells--Before Pills Part 2!

We have the privilege of Dr. Jennie Wells coming to speak to us again about how we can keep our brains as healthy as possible .

Thursday, May 11, 2017 2:30 pm - 3:30 pm

Location: Kiwanis Seniors Community Centre
78 Riverside Dr.

Register by calling Third Age Outreach : 519-661-1621

Look for:

Creative Age Festival 2017

May 2017

London Public Library



Creative Aging Network Canada, focuses on the positive and powerful role of the creative and performing arts in enhancing the health and quality of life of older adults. To learn more about the Creative Aging Network Canada and their local festival, go to <http://creativeage.ca/>

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Christmas Silk Scarf Workshops

Come out and have some fun dyeing a silk scarf -makes a great gift! We have two dates for you to choose from:

1. Friday, November 18, 1:30 pm - 3:30 pm

Location: Beacock Seniors' Satellite, Beacock Public Library,
1280 Huron St.

Register by calling Tracy, City of London 519 -661-2500 ext 5769

2. Tuesday, December 20, 2016 1:30 pm - 3:30 pm

Location: Kiwanis Seniors Centre,
78 Riverside Dr.

Register by calling Third Age Outreach : 519-661-1621

I Know I Must Move -

But Where Do I Start Workshop?

Saturday, January 21 , 2017 10:00 am - 2:30 pm

Location: Kiwanis Seniors Community Centre
78 Riverside Dr.



Presenters: Panel of experts will address questions on the process of relocating.

Register by calling Third Age Outreach : 519-661-1621

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Identity Theft

Seniors are a target for identity theft and scams. Learn how to spot a fraud and how to alert the authorities when you notice a "red flag"

Wednesday, February 15, 2017 1:30 pm - 2:30 pm

Location: Byron Library
1295 Commissioners Rd. W.

Presenter: Barry Heffernan
Retired Fraud Detective Sergeant
Barry Heffernan Fraud Prevention Consulting



Register by calling Third Age Outreach : 519-661-1621

First Aid Course for Seniors

Wednesday, March 22, 2017 1:00 pm - 3:30 pm

Location: Boyle Memorial Community Centre
530 Charlotte St.

Organizer: City of London - Learn important skills in a supportive and non-judgemental setting with the City of London Aquatics Dept. In this 2.5 hour session, learn how to save the life of a spouse, friend or grandchild. Your cost is only \$5 which covers your certification cost at the end of the session. (successful candidates will walk away with a CPR Level A certification card). Open to anyone age 55 and over.

Register by calling 519-661-5575 and quote barcode: 285038



Keep this Date Open

REXPO

"Be Inspired Before Retired"

Are you looking for meaningful activities to do in your retirement?

Have you retired but haven't found that leisure pursuit that "sparks" you?

Then please join us for our

11th Annual Recreation and Leisure Fair - REXPO

Saturday, April 8, 2017 10:00 am - 2:00 pm

Kiwanis Seniors Community Centre, 78 Riverside Dr.

For more information about Rexpo please call Third Age Outreach of St. Joseph's Health Care London at 519-661-1620

Gardening Ideas, Tips and Tools

Wednesday April 18, 2017 1:30 pm - 2:30 pm

Location: East London Library
2016 Dundas St. E.

Presenter: Rosemarie Szalich
London Middlesex Master Gardeners

Register by calling Third Age Outreach : 519-661-1621

