



## 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.
- **The Journal Café:** Come explore the health benefits of journaling!
- **Living Life on Purpose:** Need to find meaning in your life? Discover ways to bring joy and happiness to your day.
- 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](http://www.thirdageoutreach.ca)

## EDUCATIONAL OPPORTUNITIES FOR SENIORS 2017-2018



*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

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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](http://www.londonpubliclibrary.ca) 519-661-4600



Your library is more than just books! For computer classes covering such topics as computer basics, social media, email and Internet, as well as many other programs and event of interest to Seniors.

To find out more see our Access magazine, in print or online, Programs & Events on our Website, or talk to staff at your local branch 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:

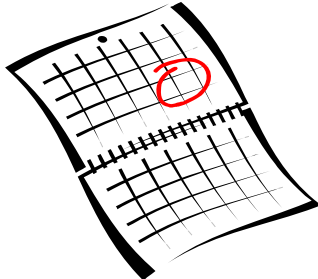
Hamilton Road Seniors Community Centre 519-661-5758  
 Kiwanis Seniors Community Centre 519-661-5740  
 Senior Satellite Programs 519-661-2489 ext.. 5769  
 Spectrum Programs 519-661-5575  
 www.london.ca/seniors



**Probate / Estate Planning**  
 Estate planning can be overwhelming! Come out and ease the stress and learn about drafting your Will, POA's, administering your estate and more.  
 Wednesday, September 20th, 2017 1:30 pm – 3:30 pm  
**Location:** Byron Library  
 1295 Commissioners Rd W.  
**Presenter:** Anne Reinhart, Partner  
 Leners LLP  
 Nick Cummings—Associate  
**Register by calling Third Age Outreach : 519-661-1621**



**Keep this Date Open**  
 Stepping Out Safely, Healthy Aging Event  
 Saturday, October 14th, 2017 9:45 am - 2:00 pm  
 Kiwanis Seniors Community Centre  
 Call Third Age Outreach for more information: 519-661-1621



**On The Road Again—Part 1 The Road Ahead - Keeping Your Freedom:** (it is recommended to sign up for both sessions)

Wednesday, October 18th, 2017 1:30 pm - 3:30 pm

**Location:** Masonville Library  
30 North Centre Rd

**Presenter:** Rick Higgins-driving instructor



Learn about new rules of the road and refresh good driving skills and find out what has changed in the driving world today.

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

**On The Road Again—Part 2**

Wednesday, October 25th, 2017 1:30 pm - 3:30 pm

**Location:** Masonville Library  
30 North Centre Rd



**Presenters:** Dan Head, Fixed Operations Manager and Certified Mechanic. Time to get your vehicle ready for Winter! Dan will teach you what every car owner should know about vehicle maintenance and what to ask you mechanic. Mandy Zimmer, Occupational Therapist-this session will discuss senior driving issues and the driver assessment process.

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

**Seniors' Month Surprise**

Details to Follow!



Wednesday, June 20th, 2018 10:00 am - 12:00 pm

**Location:** Boyle Community Centre

**Presented by:** City of London and Third Age Outreach

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

Keep your eyes "peeled" for the Age Friendly London 7th Annual Conference in June!



**"Fall" into Exciting Recreation and Leisure Opportunities!**

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

Wednesday, August 15, 2018 1:30 pm - 3:00 pm

**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!



**The Benefits of Music**

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

Wednesday, May 16th, 2018 1:30 pm - 2:30 pm

**Location:** Landon Library  
167 Wortley Road

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

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



**Look for:**

Each spring, London Public Library and London Creative Age Network present a series of workshops and events that focus on the positive and powerful role that creativity plays in enriching the quality of life for older adults.

For more information on Creative Aging in London go to:

<http://creativeage.ca/>



**Mindfulness**

Wednesday, November 15th, 2017 1:30 pm - 2:30 pm

**Location:** Byron Library 1295 Commissioners Rd West

**Presenter:** Dr. Kate Partridge– Psychologist

Introduction to Mindfulness Meditation and how it can be helpful. **Register by calling Third Age Outreach: 519-661-1621**

**Christmas Silk Scarf Workshops**

Come out and have some fun dyeing a silk scarf - makes a great gift! Cost is \$5.00 person

Friday, December 8th, 2017 9:30 am - 11:30 am

**Location:** Kiwanis Seniors Community 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 20th, 2018 10:00 am - 12:30 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**



**Medication Safety**

Wednesday, February 21st, 2018 1:30 pm - 2:30 pm

**Location:** Byron Library  
1295 Commissioners Rd W.

**Presenter:** Steve Bond– Pharmacist at Yurek Pharmacy

Learn about safe medication use, including over the counter medications and natural health products.



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

**Identity Theft**

Wednesday, March 21st, 2018 1:30 pm - 3:00 pm

**Location:** Sherwood Library  
1225 Wonderland Rd. North



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

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

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

\* \* \* \* \*

**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 7, 2018 10:00 am - 2:00 pm

Kiwanis Seniors Community Centre, 78 Riverside Dr.

**For more information about Rexpo please call Third Age Outreach at 519-661-1621**

**First Aid Course for Seniors**

Wednesday, April 18th, 2018 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 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: 291226**