



### Third Age Outreach

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

- **Fully Alive:** A 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
- **Living Out Loud:** A social and educational program for seniors looking to make social connections
- **Therapeutic Recreation referrals**
- **Adapted Golf Clinic in the Spring golf league and Tournament every Summer!**

For program information or registration

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

## EDUCATIONAL OPPORTUNITIES FOR SENIORS 2018-2019



*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:

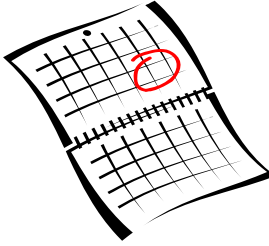
Hamilton Road Seniors Community Centre 519-661-5758  
 Kiwanis Seniors Community Centre 519-661-5740  
 Senior Satellite Programs 519-661-2489 ext. 5769  
 Spectrum Programs 519-661-5575  
 www.london.ca/seniors



**Probate/ Estate Planning/ Financial Planning**  
 Estate planning can be overwhelming! Come out and ease the stress and learn about drafting your Will, POA's, administering your estate. Allan will cover what every older Canadian should know about financial planning  
 Wednesday, September 19<sup>th</sup>, 2018 1:30 pm – 3:30 pm  
**Location:** Pond Mills Library, 1166 Commissioners Rd E  
**Presenters:** Anne Reinhart, Partner Lerner LLP  
 Nick Cummings-Associate  
 Allan Wright-Certified Financial Planner  
**Register by calling Third Age Outreach : 519-661-1621**



**Keep this Date Open**  
 Stepping Out Safely, Healthy Aging Event  
 Saturday, October 13<sup>th</sup>, 2018 9:45 am - 2:00 pm  
 Kiwanis Seniors Community Centre, 78 Riverside Dr  
**Call Third Age Outreach for more information: 519-661-1621**



**On The Road Again—Part 1 \***

**The Road Ahead - Keeping Your Freedom:**

Wednesday, October 17<sup>th</sup>, 2018 1:30 pm - 4:00 pm

**Location:** Sherwood Library, 1225 Wonderland Rd N

**Presenter:** Rick Higgins-driving instructor

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



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

\*(it is recommended to sign up for both sessions)

**On The Road Again—Part 2**

Wednesday, October 24<sup>th</sup>, 2018 1:30 pm - 3:30 pm

**Location:** Sherwood Library, 1225 Wonderland Rd N

**Presenters:**

Mandy Zimmer, Occupational Therapist.

This session will discuss senior driving issues and the driver assessment process

Dan Head, Service 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

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



**Seniors' Month Surprise!**

Wednesday, June 19<sup>th</sup>, 2019 1:30 pm - 3:00 pm



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

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

Refreshments to Follow!

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

Keep your eyes "peeled" for the Age Friendly London

8th Annual Conference Wednesday, June 26<sup>th</sup>



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

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

Wednesday, August 14<sup>th</sup>, 2019 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!

**What is Meditation?**

A talk to understand its possible role for me

Wednesday, May 15<sup>th</sup>, 2019 1:30 pm - 2:30 pm

**Location:** Sherwood Library, 1225 Wonderland Rd. N

**Presenter:** Dr. Akshya Vasudev

Associate Professor of Psychiatry  
Geriatric Mental Health Program,  
London Health Sciences Centre



**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/>



**Continence and You: What Treatment Options are Available?**

Wednesday, November 21<sup>st</sup>, 2018 1:30 pm - 2:30 pm

**Location:** Cherryhill Library, 301 Oxford St. W

**Presenter:** Christine Slegers, Nurse Clinician

Specialized Geriatric Services, St. Joseph's Health Care London

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 and can be paid the day of event.



Wednesday, December 12<sup>th</sup> 2018 1:30 pm – 3:30 pm

**Location:** Beacock Library, 1280 Huron St

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

**Real Estate Options**

Wednesday, January 16<sup>th</sup>, 2019 1:30 pm - 2:30 pm

**Location:** Bostwick Library, 501 Southdale Rd W

**Presenters:** To be determined



Tips and strategies for preparing your house for a sale.

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



**Retirement Living Options**

Wednesday, February 20<sup>th</sup>, 2019 1:30 pm - 2:30 pm

**Location:** Cherryhill Library, 301 Oxford St. W

**Presenter:** Susan Vrancic



Thinking about retirement living for yourself or a loved one? Wondering about cost and what services are included. This talk will answer all of your questions and provide you with valuable information

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

**Identity Theft and Fraud Prevention**

Wednesday, March 20<sup>th</sup>, 2019 1:30 pm - 3:00 pm

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

**Presenter:** Barry Heffernan

Retired Fraud Detective Sergeant

Barry Heffernan 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

**12<sup>th</sup> Annual Recreation and Leisure Fair - REXPO**

Saturday, April 6<sup>th</sup>, 2019 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 /CPR A Course for Seniors**

Wednesday, April 17<sup>th</sup>, 2019 1:15 pm - 3:45 pm

**Location:** Boyle Memorial Community Centre  
530 Charlotte St



**Organizer:** City of London - Help make London a CPR-Smart Community! In this 2.5 hour session you will learn how to perform CPR and choking procedures for adults as well as the importance of early defibrillation and how to use an AED. Open to anyone age 55 and older. The \$5 fee covers your certification cost at the end of the session. Successful candidates will walk away with a CPR Level A certification card.

**Register by calling 519-661-5575 and quote barcode: 302300 or at a City of London Customer Service Location**