



### 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 seniors
- **ASAP (Accessible Supported Aquatic Program) and TAAP (Transitional Accessible Aquatic Program):** A warm water exercise for adults 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  
[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)

## EDUCATIONAL OPPORTUNITIES FOR SENIORS

2019-2020



*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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*The following Organizations are Sponsors of  
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*"Develop a passion for learning.  
If you do, you will never cease to grow"*  
Anthony J. D' Angelo



# 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! Offering free classes on computer basics, social media, email, internet as well as many other programs and events 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



# City of London SENIORS' SATELLITES



**Argyle Seniors' Satellite** – Wednesdays 11am-2pm, Thursday's 12pm-3pm

**Beacock Seniors' Satellite** – Fridays 1pm-4pm

**Berkshire Seniors' Satellite** – Tuesday 11am-4pm

**Boyle Seniors' Satellite** – Mondays 11am-2pm

**Chalmers Seniors' Satellite** – Fridays 9am-12pm

**Trinity Seniors' Satellite** – Thursdays 12pm-3pm

**Westminster Seniors' Satellite** – Tuesdays 1pm-4pm

Opening Fall 2019:

**Medway Seniors' Satellite** – Wednesdays 12pm-3pm

**"You are never too old to set another goal  
or to dream a new dream."**

**C.S. Lewis**



The Seniors' Satellites are neighbourhood outreach programs from  
Kiwaniis & Hamilton Road Seniors' Centres & Community Centres  
Visit [www.london.ca/seniors](http://www.london.ca/seniors) for updated program schedules



## Identity Theft and Fraud Prevention

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"

Wednesday, September 18<sup>th</sup>, 2019 1:30 pm – 3:00 pm

Location: East London Library 2016 Dundas St.

Presenters: Barry Heffernan

Retired Fraud Detective Sergeant

Barry Heffernan Fraud Prevention Consulting

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

## Keep this Date Open:

Stepping Out Safely, Healthy Aging Event - Hello Neighbours!

Saturday, October 5<sup>th</sup>, 2019 9:45 am - 2:00 pm

Kiwanis Seniors Community Centre, 78 Riverside Dr.

Only \$8.00 per person. Includes Lunch.

Registration opens August 16<sup>th</sup>, 2019



Call the City of London at  
519-661-5575 to register!



**The Road Ahead—Part 1 \*****Keeping Your Freedom:**

Wednesday, October 16<sup>th</sup>, 2019 10:00 am - 12:30 pm

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

**Presenter:** Rick Higgins– Higgins Performance Driving

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)

**The Road Ahead - Part 2\***

Wednesday, October 23<sup>rd</sup>, 2019 1:30 pm - 3:30 pm

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

**Presenters:**

Mandy Zimmer, Occupational Therapist.

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

Dan Head, 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 your mechanic

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

**Seniors' Month Surprise!**

Wednesday, June 17<sup>th</sup>, 2012 1:30 pm - 3:00 pm

**Location:** Jalna Library, 1119 Jalna Blvd.

**Presented by:** City of London and Third Age Outreach, SJHC London.

There aren't many surprises in life, so why not join us for one!

**Refreshments to follow!**

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



Keep your eyes "peeled" for the 9<sup>th</sup> Annual Age Friendly London Conference

Wednesday, June 17<sup>th</sup>, 2020

Registration opens in February

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

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

Wednesday, August 12<sup>th</sup>, 2020 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!

**Virtual Reality**

Virtual Reality is an easy-to-use technology that empowers seniors to push pass the limits of what they think is possible. Come learn how seniors are able to fly, heal, travel, climb and play without barriers!

Wednesday, May 20<sup>th</sup>, 2020 1:30 pm - 2:30 pm

**Location:** Landon Library - 167 Wortley Rd.

**Presenter:** Ben Switzer

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

*The capacity to learn is a gift;  
the ability to learn is a skill;  
the willingness to learn is a choice.*

Brian Herbert

**What is Meditation?**

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

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

**Presenter:** Henry Van Horik

Learn about the benefits of meditation for seniors, and experience some sample meditations. Resources will also be provided for where to find meditation in the community.

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 \$7.00 person and can be paid the day of event.

Wednesday, December 11<sup>th</sup> 2019 1:30 pm – 3:30 pm

**Location:** Boyle Community Centre - 530 Charlotte St.

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

**Strengthen Your Mind!**

In this session you will learn some of the top activities for brain health as well as strategies you can use to remember things like names and numbers.

Wednesday, January 15<sup>th</sup>, 2020 1:30 pm - 2:30 pm

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

**Presenters:** Bev Farrell, TRS, Third Age Outreach, St. Joseph's Health Care London

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

**AED Awareness for Seniors**

Wednesday, February 19<sup>th</sup>, 2020 1:30 pm - 2:30 pm

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

**Presenter:** Middlesex - London EMS

This workshop provides a basic understanding of an Automated External Defibrillator (AED). AED's are portable lifesaving devices, which in combination with CPR can increase the survival rate for those who have suffered a sudden cardiac arrest. We will also review awareness tips in the event of a sudden medical emergency.



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

**I Know I Must Move But Where Do I Start?**

Saturday, March 7<sup>th</sup>, 2020 10:00 am - 12:00 pm

**Location:** Kiwanis Seniors Community Centre - 78 Riverside Dr.

**Presenters:** Panel of experts will address questions on the process of relocating. Such as real estate, alternative living, legal considerations and finances.



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

**13th Annual Recreation and Leisure Fair - REXPO**

Saturday, April 4<sup>th</sup>, 2020 10:00 am - 2:00 pm

Kiwanis Seniors Community Centre, 78 Riverside Dr.

**No Registration Required!**

**Sleep Strategies**

Wednesday, April 15<sup>th</sup>, 2020 1:30 pm - 2:30 pm

**Location:** Stoney Creek Library - 920 Sunningdale Rd. E.

**Presenter:** Brooke Hohenadel - Certified Sleep Consultant

Many sleep problems are due to behaviours or habits that we create over the years, thankfully these issues can be addressed and corrected so that your body can begin to sleep well again. Our sleep changes a lot over the years and knowing this, and some helpful sleep tips, can help guarantee great sleep each night.



Register by calling Third Age Outreach 519-661-1621