

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 of Third Age Outreach

Hours:

8:30 am - 4:30 pm
Monday to Friday

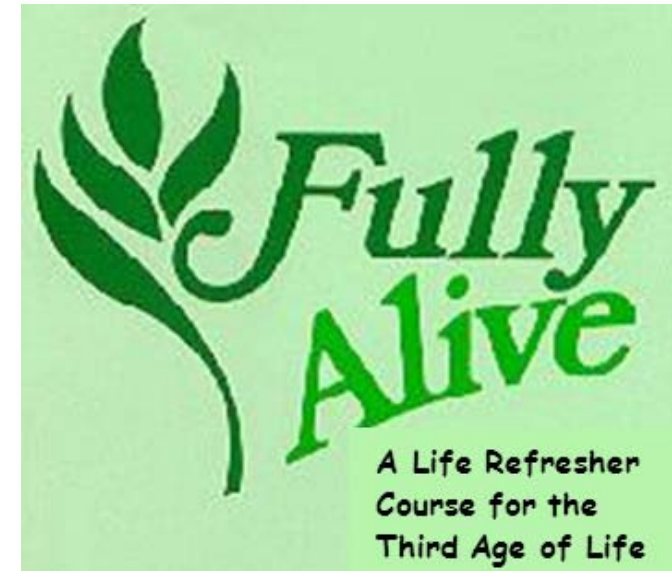
Location:

Kiwanis Seniors Community Centre
78 Riverside Drive
London, ON
N6H 1B4
Telephone:
519 661-1621 or
519-661-1620

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca



**8 Week Well-being
Program for Seniors
Every Wednesday from
January 9 to
February 27, 2019
10:00 am - 12:00 noon**

**Kiwanis Seniors Centre,
78 Riverside Dr.**

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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.

Program Content

Being Fully Alive

Achieve a balance between caring for self and caring for others. Learn to be as well as you can in your situation.

Challenges of Being Fully Alive

Discover new ways of improving your self-esteem and coping with change.

Harness Your Physical Powers

Learn a few simple exercises to improve your mobility and independence.

Harness Your Emotional Powers

Joys, sorrows and disappointments are all part of the human journey. Learn how to express these feelings which will enrich your life. Laughter is essential to well-being.

Harness Your Mental and Spiritual Strengths

Use your mind to enrich your life. Open up to the spiritual power of forgiveness and the delight of daydreaming.

Dealing with Stress

Learn how to make stress work for you.

A New Life from Grief

Recognize grief as a normal part of healing after a loss.

Depression

Learn to recognize symptoms of depression and what you can do to help yourself and others.

Being Alone and Being Together

Examine the nature of loneliness and find ways to cultivate solitude. Discover and build new relationships.

Planning for the Future

Explore lessons that can be learned in later life. Review what you've learned and make plans for the future!