

Brought to you by:



London
CANADA

City of London,
Kiwanis Seniors Community Centre
78 Riverside Drive, London, ON
N6H 1B4 519-661-5740
www.london.ca

Alzheimer Society
LONDON AND MIDDLESEX™

Third Age Outreach
Specialized Geriatric Services
St. Joseph's Health Care London



Location of Third Age Outreach

Hours:

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

Location:

Third Age Outreach
Kiwanis Seniors
Community Centre
78 Riverside Drive

Telephone:

519 661-1621 or
519 661-1620

Website:

www.thirdageoutreach.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

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.

Grey Matters

A memory strategy and brain health education program for older adults



Alzheimer Society
LONDON AND MIDDLESEX™



London
CANADA



Grey Matters

Want to learn more about memory and brain health? Grey Matters is a program for older adults who want to learn how to maximize memory.

This program is a partnership between:

The City of London;

St. Joseph's Health Care, London: Third Age Outreach;

The Alzheimer Society London and Middlesex™;

Funding for the creation of this program was originally provided from the Ministry of Health Promotion and Sport.

The program is for older adults who want to learn more about memory and brain health. This program is NOT designed for those who have been diagnosed with Mild Cognitive Impairment, Alzheimer's Disease, or any other dementia.

Program Information

Who: Older adults over 55 years of age

When: Every Wednesday

10:00 am - 12:00 pm

Where: Bostwick Library,

501 Southdale Rd. W.

Cost: \$30 plus HST

Course Code#:

Next Session: Sept. 18 to Nov. 6, 2019

How to register: Registration is through the City of London Spectrum catalogue starting August 16, 2019. You can register by the following methods:

Call: 519-661-5575

Online: www.london.ca

In Person:

Kiwanis Seniors Community Centre,
78 Riverside Drive

Please contact Bev at 519-661-1620 for more information about the program.

Program Content

This 8 week program will cover topics such as memory and aging, mood, nutrition, medications, supplements, hearing, music, exercise as well as leisure and the importance of social connections in maintaining brain health. Also, strategies will be shared to maximize memory performance.

