

Brought to you by:



London  
CANADA

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



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  
Kiwaniis Senior Centre  
78 Riverside Drive

Telephone:

519 661-1621 or  
519 661-1620

Website:

[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)

CARING FOR THE  
BODY, MIND & SPIRIT  
SINCE 1869



[sjhc.london.on.ca](http://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 education program for older adults



## 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

**Starting:**

Wednesday, April 5 to May 24, 2017

10:30 am - 12:30 pm

**Where:** TBA

**Cost:** \$30 plus HST

**Course Code:** Coming soon!

**How to register:** Registration is through the City of London Spectrum catalogue. You can register by the following methods:

**Call:** 519-661-5575

**Online:** [www.london.ca](http://www.london.ca)

**In Person:**

Kiwanis Senior 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.

