

## 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!!

Lisa Coleman

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

**Location:**

Kiwanis Seniors Community Centre  
78 Riverside Drive,  
London, ON  
N6H 1B4  
519 661-1621  
[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)

**Hours:**

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

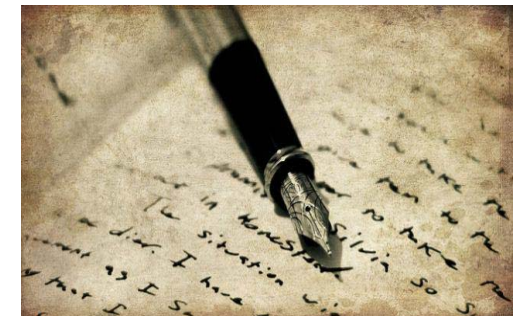
CARING FOR THE  
BODY, MIND & SPIRIT  
SINCE 1869



[sjhc.london.on.ca](http://sjhc.london.on.ca)

# The Journal Café

Where  
**self-expression**  
becomes  
**self-discovery.**



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.

CARING FOR THE  
BODY, MIND & SPIRIT  
SINCE 1869



Journaling has many health benefits. The Journal Café program is designed for you, the writer, to use various writing techniques that will empower the Emotional, Spiritual , Mental , Physical and Social self and enhance your ability to harness the magic of pen to paper.



Registration is required for this program.

**Call us for the next session !**

**519-661-1621**

Please call Third Age Outreach of St. Joseph's Health Care London for more information.

**Cost:**

**\$1.00/week**

Please bring your own journal!

Each week we will explore new and creative ways to discover the world of journaling through:

- Dialoging
- List Making
- Gratitude
- Vision Boards
- Colouring
- Self-Improvement
- .....and more