

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

Hours:

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

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



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.

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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.



Next session:

Tuesdays

January 8th -

March 5th, 2019

10:00 am - 12:00pm

Location:

Kiwanis Seniors Centre

78 Riverside Drive.

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

519-661-1621

Cost:

\$1.00/week

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