

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 and Information

Hours:

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

Location:

Third Age Outreach
Kiwanis Senior 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

LEAP!

Leisure Education Awareness Program

8 week program



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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Participants will:

- learn about the benefits of leisure opportunities that are available in the community.
- learn to identify personal barriers to their leisure and to problem solve how to overcome these barriers.
- be educated on how to develop their leisure skills and interests.

Next Session:

Every Monday from:

March 20 to May 15, 2017

Kiwanis Seniors Centre

1:30 pm - 3:30 pm

Call 519-661-1621 to register

Develop New Leisure Interests!

LEAP is a
Leisure Education
Awareness Program
providing an opportunity to
discover your personal
leisure interests.

Participants will have the
opportunity to develop:

- ⇒ Leisure skills
- ⇒ Confidence
- ⇒ Social connections
- ⇒ Awareness about the benefits of a satisfying leisure lifestyle

Cost \$1.00/visit

Topics

- ⇒ What is Leisure?
- ⇒ Leisure interests
- ⇒ Leisure skills development
- ⇒ Overcoming barriers to leisure
- ⇒ Past, present, and future leisure involvement
- ⇒ Leisure resource awareness
- ⇒ Incorporating physical fitness
- ⇒ Managing stress through leisure