

### 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 Seniors  
Community 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)

# LEAP!

## Leisure Education Awareness Program

### 8 week program



**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 Thursday from:**

**March 28 to May 16, 2019**

**Kiwanis Seniors**

**Community 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