

Brought to you by:

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 of Third Age Outreach

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

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Living Out Loud

A social group for
older adults looking to make
connections with others



Living Out Loud

.....is a social recreational program for people who are over 55 and are looking to develop friendships and make social connections. Every week there will be a variety activities available based on the interest of the group.



Program Information

Location:

Hamilton Road Seniors
Centre
525 Hamilton Road

Day and Time:

Mondays
1:30 pm - 3:30 pm

To Register:

Call Third Age Outreach at
519-661-1621

Program Content

Topics will be chosen by participants and may include:

- Current Events
- Demonstrations
- Personal Growth
- Health and Wellness
- Social Activities
- Physical Activities
- Guest Speakers
- And of course....

FUN!!!

Cost is \$2.00 per visit