

### 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.

Referrals can be made for a therapeutic recreation assessment through our Specialized Geriatric Services Intake at: 519 685-4046 or by contacting our office.

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](http://www.thirdageoutreach.ca)

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

# Programs and Services



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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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## ASAP and TAAPS

ASAP stands for the Accessible Seniors Aquatic Program.

TAAPS is the Transitional Accessible Aquatics Program for Seniors.

Both are warm water exercise programs for seniors with decreased mobility who need to exercise in a supervised environment.

## Educational Opportunities

Third Age Outreach, the Council for London Seniors, the City of London and the London Public Library sponsor a series of educational presentations for seniors.

## Lean on Me

A community-based training program that is aimed at providing volunteers with a skill set to support frailer seniors' participation in community activities. Participants receive a resource manual as well as 12 hours of interactive based training.

## Third Age Computer Training

"TACT" Free computer lessons for seniors taught by computer savvy seniors.

## Accessible Golf Program

Learn how to golf using modifications and/or specialized equipment. All ages and abilities are welcome! We run a yearly clinic and tournament.

## Acorns and Oak Trees

Acorns and Oak Trees is an intergenerational program that matches seniors with children from the community. In this program participants engage in a variety of activities that help foster the relationship between the two generations. Activities include games, music, crafts, and much more.

## Grey Matters

Want to learn more about memory and brain health? Grey Matters is a new program for older adults who want to learn how to maximize memory. This program will cover topics such as memory and aging, mood, nutrition, medications, supplements, hearing, music, exercise as well as leisure and the importance of social connections in maintaining brain health. Also, strategies will be shared to maximize memory performance.

## Senior Widows and Widowers

This 8-week program brings bereaved seniors together for educational and social opportunities. Topics include safety, leisure & recreation resources, nutrition, fitness, plus much more!

## LEAP

LEAP is a Leisure Education Awareness Program providing a transitional opportunity for older adults. Participants will develop individualized leisure related skills, confidence, social connections and awareness about the benefits of a satisfying leisure lifestyle.

## Trailblazers

A weekly program for people 65 or over who are living alone due to various reasons. Weekly activities, as chosen by participants, may include: Current events, demonstrations, personal growth, health & wellness, guest speakers, social activities, physical activities, and of course... FUN!

## Fully Alive

Fully Alive is a 8-week well-being program for seniors. You will discover, what being Fully Alive is all about, challenges you may face, how to harness your physical and emotional powers as well as your mental and spiritual strengths, learn how to deal with stress, grief, and having a blue day, how to cope with being alone and building new relationships.

## Westmount Gathering Place

This is a weekly drop-in program that is offered for people 55 + who are looking to connect with others in the Westmount and surrounding area. People get together each week to have a cup of coffee, play some games, exercise and socialize in a very informal and safe environment.

## The Journal Cafe

Journaling has many health benefits. It is an opportunity to tap into your emotional, spiritual and mental self and harness the power of pencil to paper. This is far from your typical journaling program. Each week we will explore new and creative ways to tap into the world of journaling.