

**Lean on Me**

Wednesdays, November 20, AND  
November 27, 2019

9:00 am - 4:00 pm

Location: Kinsmen Recreation Centre,  
20 Granville St.

*\*must attend both days for certificate*

**Journal Squad**

Mondays

September 9 - November 4, 2019

1:00 pm - 3:00 pm

Location: Kiwanis Seniors Centre,  
78 Riverside Dr.

**Save the Date:**

Stepping Out Safely

Saturday, October 5, 2019

9:45 am - 2:00 pm

Cost: \$8

Registration opens on August 16, 2019

Register by calling 519-661-5575 Code#

Location: Kiwanis Seniors Community Centre  
78 Riverside Dr.



# Third Age Outreach

## Program Starting Dates for

### *Fall 2019*

*(See our brochures for program descriptions )*

Third Age Outreach is located at the:

**Kiwanis Seniors  
Community Centre  
78 Riverside Drive**

To register or for more information

On any of these programs

please call 519-661-1621 or 519-661-1620

or visit our office

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

**ASAP**

Tuesdays and Thursdays starting:  
September 10, 2019  
1:00 pm - 2:00 pm  
Location: Horton St. Seniors Centre,  
184 Horton St.

**Grey Matters**

Wednesdays  
September 18 - November 6, 2019  
10:00 am - 12:00 pm  
Location: Bostwick Library, 501 Southdale Rd. W.  
\*Note this is a City of London Spectrum Program  
Phone 519-661-5575 to register starting Aug. 16, 2019

**Living Life on Purpose**

Thursdays  
September 12 - October 31, 2019  
2:00 pm - 4:00 pm  
Location: Kiwanis Seniors Centre, 78 Riverside Dr.

**Trailblazers**

Every Friday Ongoing  
1:00 pm - 3:00 pm  
Location: Kiwanis Seniors Centre, 78 Riverside Dr.

**Living Out Loud**

Every Monday ongoing  
1:00 pm - 3:00 pm  
Location: Hamilton Road Seniors Centre,  
525 Hamilton Rd.

**TAAPS**

Tuesdays and Thursdays starting:  
September 10, 2019  
2:00 pm - 3:00 pm  
Location: Horton St. Seniors Centre,  
184 Horton St.

**Acorns & Oak Trees**

2nd Wednesday of the month from  
October to June, starting October 9, 2019  
10:00 am - 11:30 am  
Location: Kinsmen Recreation Centre, 20 Granville St.

**TACT-Computer Classes**

Various Days & Times of the Week  
Starting the week of September 9, 2019  
Location: Kiwanis Seniors Centre, 78 Riverside Dr.

**Widows and Widowers**

Thursdays  
October 3 - November 21, 2019  
10:00 am - 12:00 pm  
Location: Kiwanis Seniors Centre, 78 Riverside Dr.

**Journal Café**

Tuesdays  
October 1 - November 19, 2019  
9:30 am - 11:30 am  
Location: Richmond Woods,  
200 N. Centre Rd.



Please turn over

