

Senior Widows & Widowers

This 10-week program brings bereaved seniors 60+ together for educational and social opportunities. It is lead by peer facilitators. Topics include safety, leisure & recreation opportunities, nutrition, fitness, plus much more followed by a social time.



A community-based volunteer training program that is aimed at providing volunteers with a skill set to support frailer seniors' participation in community activities. Participants will receive a resource manual as well as 12 hours of interactive community based training. These sessions , conducted by experts in their respective fields, will provide information on safety and mobility, communication strategies, setting boundaries, community resources, common diseases of the elderly, understanding cultural diversities, dementia and mental health issues.

Fully Alive

Fully Alive is a 10-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
- building new relationships
- planning for the future

Computer Program

Come try our easy to use computer system for email, internet and games.

Trailblazers

On ongoing program to help connect people 55 and over who are living alone. Facilitated by peer volunteers, topics, as chosen by participants, may include: Current events, demonstrations, personal growth, health & wellness, guest speakers, social activities, physical activities, and of course...

... FUN!



Third Age Outreach

Programs & Services

Third Age Outreach
Kiwanis Seniors Centre
78 Riverside Drive

519-661-1621

519-661-1620

www.thirdageoutreach.ca

Your Anatomy

This 10-week program is designed to help you gain knowledge of your body. Learn information about what's under your skin, the structure of your body and much more. Taught by a retired physiotherapist, this program is a fun way to discover more about your anatomy and how it works.

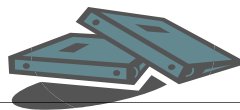
Accessible Seniors Aquatic Program

Horton St. Seniors Centre and Third Age Outreach offer an aquatic exercise class for seniors with mobility concerns who need a safe, supervised environment to exercise.



Educational Opportunities for Seniors

Third Age Outreach, the Council for London Seniors, the London Public Library and the Seniors Community Association sponsor a series of educational presentations for seniors. Contact us for a schedule of speakers.



Acorns and Oak Trees

Acorns and Oak Trees is an intergenerational program that matches seniors with children from around 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, computer and much more.



Golf for People with Physical Challenges

Finding it difficult to continue golfing? Do you have mobility issues that prohibit you from playing golf? This yearly clinic and tournament is offered by Third Age/Parkwood Hospital of St. Joseph's Health Care London, in partnership with the City of London Golf Professionals to help you return to one of Canada's more popular games. Learn how to golf using modifications and/or specialized equipment. All ages and abilities are welcome!

Third Age Outreach is part of Specialized Geriatric Services, Parkwood Hospital of St. Joseph's Health Care London.

We offer programs, educational courses, group activities 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.

Keep looking for new and exciting programs Third Age Outreach has to offer!

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