

### Brought to you by:



Third Age Outreach  
Specialized Geriatric Services  
St. Joseph's Health Care London  
519-661-1621

**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)

# Trailblazers

**A Social and Educational  
program for Older Adults  
65 and Over Living Alone and  
Looking to Connect  
with Others**



CARING FOR THE  
BODY, MIND & SPIRIT



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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## Trailblazers

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## Location

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## Topics

... is an ongoing program to help connect people over 65 and who are living alone and looking to develop friendships.

If you are without a spouse/partner due to divorce, separation, widowhood, or your spouse is living apart from you, for example in Long Term Care, then give us a call!

We meet every Friday from 1:00 pm until 3:00 pm at the Kiwanis Seniors Community Centre

Registration for this program is required!

### Location:

Kiwanis Seniors  
Community Centre  
78 Riverside Drive

### Day and Time:

Every Friday  
(except statutory holidays)  
1:00 pm - 3:00 pm

### To Register:

Call Third Age Outreach at  
519-661-1621

Topics will be chosen by the participants and may include:

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

**FUN!!**

Cost \$ 1.00 per visit