

### Brought to you by:



**London**  
CANADA

City of London,  
Kiwanis Seniors Community Centre  
78 Riverside Drive, London, ON  
N6H 1B4 519-661-5740  
[www.london.ca](http://www.london.ca)



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

### 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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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**



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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.

This program is facilitated by peer volunteers and managed in partnership with the City of London and Third Age Outreach, Specialized Geriatric Services St. Joseph's Health Care London.

### Location:

Kiwanis Seniors Centre  
78 Riverside Drive

### Day and Time:

Fridays,  
January 6, 2017 - ongoing  
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