

Brought to you by:



Cindy Draper
Therapeutic Recreation Aide
Third Age Outreach
Specialized Geriatric Services
St. Joseph's Health Care London
78 Riverside Drive,
London, ON N6H 1B4
519 661-1621
www.thirdageoutreach.ca

AND

Shelley Wood
Manager of Seniors Programs
Horton Street Seniors Centre
184 Horton Street East,
London, ON N6B 1K8
519-434-9115 ext. 251
www.bgclondon.ca

CARING FOR THE
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sjhc.london.on.ca

Westmount Gathering Place

A Social and Recreation Drop-In Program for Seniors 55 +



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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Westmount Gathering Place

Location of Program

Calendar of Events

..... is a weekly drop-in program that is offered to people 55 + who are looking to connect with their peers in the Westmount and surrounding area.

.....it is an opportunity for people of all abilities to get together each week have a cup of coffee, play some games, exercise and socialize in a very informal and safe environment.

.....it is for people who are living alone and looking for a reason to get out of their home.

.....it is for people who are interested in learning new things and gathering community resources for their personal use.

.....there are these and many more

The program is located at
Village Green Community Church
505 Village Green Avenue
London, ON

Please use the basement entrance

Day and Time:

Every Monday

Beginning January 9, 2017

9:00 am - 12:00 pm

Cost:

\$1.00/week



Each month a calendar of events is created to meet the social, physical, emotional, mental and spiritual needs of the group.

Activities that we plan :

Low Impact Exercise

Board Games/Cards

Trivia

Local Entertainment

Special Event Luncheons

Bowling

Educational Opportunities

Guest Speakers

and more

Come Join The FUN!!!