

Third Age Outreach

SPECIALIZED GERIATRIC SERVICES

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 Senior Centre
78 Riverside Drive

Telephone:

519 661-1621 or
519 661-1620

Website:

www.thirdageoutreach.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Senior Widows and Widowers

Join us for an
Educational and Social
opportunity for Bereaved
Seniors 55+
Cost: \$10 for 8 Weeks

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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Widows and Widowers

Widows and Widowers is an 8 week program that provides education on various topics presented by the experts in those areas. Some of the topics include dining for one, knowing when and where to seek professional support, safety in your home, keeping active and having money to do the things you love!

There is also a social component to the program as having peer to peer contact from someone who understands what you are dealing with can be so supportive and empowering.

This program is not a bereavement counselling service. If you are in need of bereavement counselling please call 211 for more information or go online at: www.thehealthline.ca

Topics Covered:

- ◆ Social work - Support and resources
 - ◆ Nutrition
 - ◆ Maximizing your leisure potential
 - ◆ Overview of programs and
 - ◆ resources in the area
 - ◆ Fraud Prevention and keeping safe
 - ◆ Fire Safety
 - ◆ Financial information
- And much more...

Third Age Outreach

This program runs on Thursday mornings from 10:00 am - 12:00 pm.

Program times and locations are subject to change so please call our office for more information on the next Widows and Widowers program.

Third Age Outreach at 519-661-1621 or visit us in the
Kiwaniis Seniors Community Centre,
78 Riverside Dr. ,

Or phone us at 519-661-1621

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