

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 Seniors
Community 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 8 week
Educational and Social
opportunity for
Bereaved
Seniors 55+

Widows and Widowers

Have you lost your spouse and are looking to reconnect with others?

Have you had bereavement support in the past but are wanting to find others who understand what you are going through?

Then this program may be for you!

Widows and Widowers is an education and social program where you will hear various topics from keeping safe to maximizing your leisure activity level!

This program is **not** a bereavement counseling service.

It is facilitated by staff trained in therapeutic recreation

The main focus is the social aspect of the group and connecting with others.

Program Content

- ◆ Sleep and Relaxation tips
 - ◆ Nutrition
 - ◆ Maximizing your leisure potential
- ◆ Overview of programs and
 - ◆ resources in the area
- ◆ Organizing and Downsizing
 - ◆ Fire Safety
- ◆ Financial information

And much more...

Registration Information

**Next session is:
Thursdays.**

**March 21st– May 9th, 2019
10:00 am to 12:00 pm**

At the

**Kiwanis Senior
Community Centre
78 Riverside Drive**

The cost is \$1:00 per visit

**To register please call:
519-661-1621**