



## SENIOR

# WIDOWS & WIDOWERS

10-Week Program

*Join us for an educational  
and social opportunity  
for bereaved seniors 60+.*

**Third Age Outreach**

**519-661-1621 or  
519-661-1620**

**For more information  
On program, dates, and  
times.**

**Please contact:**

**Third Age Outreach  
Kiwaniis Seniors Centre  
78 Riverside Drive  
London, ON**

**Call our office at  
519-661-1621  
Or  
519-661-1620**

**[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)**

June 2010

## Session Topics

- Getting Acquainted
- Maximizing your Leisure Potential
- Nutrition
- Keeping Fit and Mobile
- Overview of programs and resources available at the Kiwanis Seniors Centre
- Fraud Prevention
- Financial Information
- Meditation
- Social Work – Resources and Supports available
- Wrap up and Social

*All of the guest speakers are  
health care and community  
based service experts*

***Cost: \$10***

**Widows and Widowers Program**

**Fall 2010**

*Kiwanis Seniors Centre*

78 Riverside Drive

Thursday, Oct. 7, 2010 – Thursday, Dec. 9, 2010

1:00 – 3:00 pm

**Winter 2011**

*Hamilton Road Seniors Centre*

525 Hamilton Road

Monday, Jan. 17, 2011 – March 28, 2011

1:00 – 3:00 pm

(Dates are subject to change)