

Brought to you by:

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.

519-661-1620



Location and Information

Location:

Due to Covid 19 restrictions access to the Third Age Outreach office is not permitted at this time.

Programs will be offered virtually and/or via telephone

519-661-1620 or

email: TAO@sjhc.london.on.ca

www.thirdageoutreach.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Trailblazers

A social and educational program for older adults 55 and over living alone and looking to connect with others virtually!

Runs Every Friday (excluding Holidays) from 1:30 - 3:00 pm



CARING FOR THE
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.

Trailblazers

... 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.

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Topics

Topics will be chosen by the participants and may include:

Current Events

Demonstrations

Personal growth

Health and Wellness

Guest Speakers

Social Activities

And of course ...

FUN!!