



South-East
Ottawa Community
Health Centre
Centre de santé
communautaire du
sud-est d'Ottawa

Fall Health Promotion Programs for Seniors –2015 Programme automnal de promotion de la santé pour les aîné(e)s – 2015

Fall is here and it's time to enjoy the harvest time and the free exercise programs and health seminars.

We've got something for everyone to enjoy!

Please make sure that you are fully registered with the Centre before attending any of our programs.

For more information or to register, please contact Jocelyne:
613-737-7195 ext. 2323
Jocelynep@seochc.on.ca

VIACTIVE EXERCISES

Get moving with fun, easy, enjoyable exercises that include chair exercises, strength exercises, and dance movements.

1355 Bank St., 7th floor Albion & Heatherington rooms Monday and Thursday: 1:30 - 2:30 pm Ongoing till December 17 <i>(Please note no program on Monday, Oct. 12th)</i>	Volunteer Leaders: Barbara and Jalika
1355 Bank St., 7th floor Albion & Heatherington rooms Tuesday: 1:30-2:30 pm Ongoing till December 16	Volunteer Leader: Jeanne d'Arc
2080 Russell Rd. (lounge) Monday and Thursday 11:00 am -12:00pm Ongoing till December 17 <i>(Please note no program on Monday, Oct. 12th)</i>	Volunteer Leaders: Klara and Christine <i>*Open to residents of 2080, 2100 and 1909 Russell Rd. only*</i>
1670 Walkley Rd. (lounge) Monday: 9:00-10:00 am September 14 to December 14	Volunteer Leaders: Agnes and Julee

FROM SOUP TO TOMATOES - EXERCISE PROGRAM

This program will be delivered using OTN (Ontario Telemedicine Network) services. The exercise leaders, a Kinesiologist and RN from Northern Ontario will be leading the group through video conferencing. Come check out this new technology and renowned exercise program for adults and seniors.

1355 Bank St., 7th floor

Albion & Heatherington rooms

Monday and Wednesday mornings

Exercises (gentle): 10:00 -10:45 am

Chair Yoga: 11:00-11:30 am

Ongoing

**Please note no program on Monday, Oct. 12th*

Volunteers:

Monday – Iwona

Wednesday – Zeinab

URBAN POLE WALKING CLUB

We will start with a warm up and then go Nordic Pole walking in the fresh air along the river or in the park. We provide the walking poles.

Meet at 1355 Bank St., 7th floor

Albion & Heatherington Rooms

Wednesday: 9:45 – 10:45 am

Ongoing till November 18

**** In case of heavy rain, participants will walk inside the Billings Bridge Shopping Centre, without poles ****

Volunteer Leader: Jeanne d’Arc

TAI CHI EASY

The program itself consists of basic and advanced movements, a warm up and a cool down, self - massage, breath exercises and meditation. The gentle exercises can be done in a standing or sitting position. The movements will help you stretch and relax the body and mind while improving balance and coordination.

1355 Bank St., 7th Floor

Albion & Heatherington Rooms

Tuesday: 10:30 – 11:30 am

September 15 to December 1

Instructor: Lucille Gaudet certified Tai Chi Easy practice leader

*Registration required

FREE DENTAL SCREENING

Come see a dental hygienist for dental screening, fluoride varnish applications, denture cleaning, and dental health information.

1355 Bank St, 6th floor

12:00 – 5:00 pm

First Friday of each month

*Go to Health Services reception to check in.

Must book an appointment at medical reception, Health Services:

613-737-4809

Please mention to receptionist if you would like denture cleaning. A longer appointment will be booked

“MOURNING AFTER” BEREAVEMENT GROUP

This group is designed to assist both men and women in working through the loss of a spouse or partner, a child, a friend or other close family member with the support of a peer group who are facing similar circumstances.

St. Thomas the Apostle Church

2345 Alta Vista Drive

Friday: 10:00 am – 12:00 pm

October 23 to December 4

(Please note no program on Friday, Nov. 6th)

Registration is required!

For more information or to register, please contact Lisa Bornn:

613-737-7195, ext. 2326

WISE ADULTS SEMINARS

Wednesday: 1:00 – 3:00 pm (unless specified otherwise)

1355 Bank St., 7th Floor: Albion & Heatherington rooms

September 9 – December 16, 2015

** Note changes to location and/or time*

September 9 *In the ELMVALE room	What's New in Parkinson's Research! An overview of current research into the causes of Parkinson's disease, the biology behind the disease, preventative measures and new therapies being examined in North America.	Zach Dwyer <i>PhD student, Dept. of Neuroscience</i> Carleton University
September 16 *In the ELMVALE room	Preparing for your medical appointment	Suzanne Lacelle & Daniela Petrescu Living Healthy Champlain
September 23	Making Votes Count – Federal Elections	Euphrasie Emedi <i>Community Developer</i> SEOCHC
September 30 11:30 am-3:30pm Pick up at 3320 Paul Anka Drive for 11:30 am and pick up at 1355 Bank st for 12:00 pm Program ends at 3:30 pm	Fall Leaves and tea time on the grounds of the Mackenzie King Estate combined with a beautiful walk. Schedule Departure 11:30am and 12:00 pm Arrival 12:45 Walk on the grounds and pathway to the falls 12:45-2:00 pm Tea time and snacks sharing 2:00-3:15 pm Departure 3:30 pm and drop off at 1355 Bank St. followed by Hunt club Riverside community centre.	Transportation is provided but we invite you to bring some homemade goodies and snacks to share with the other seniors. We will also provide some teas and water for everybody. *Registration is required
October 7	Taking Care of Your Gut	Dr. Ellen Simone, <i>Naturopath</i>
October 14 *In the ELMVALE room	Understanding Your Medication	Suzanne Lacelle & Daniela Petrescu Living Healthy Champlain
October 21 *In the ELMVALE room	Happy, Healthy Feet – the effects of diabetes, neuropathy and aging on your feet and ankles	Helen Clarmo <i>Foot Care Nurse</i> SEOCHC
October 28	Travelling with Osteoporosis: Tips for your trip	Virtual online presentation facilitated by Jocelyne Pion
November 4	Brain Fitness	Virtual online presentation facilitated by Jocelyne Pion
November 11 *Meet at 1355 Bank St. lobby at 12:00 pm	Remembrance Day Outing to the Canadian War Museum	Free! *Registration Required
November 18 *In the ELMVALE room	Dental Care – gum disease, bad breath and jaw problems	<i>Dental Hygienist,</i> Ottawa Public Health
November 25	Money Saving Tips – using coupons, apps, internet savings and in-store promotions to cut back on your grocery and essential bills.	Jocelyne Pion <i>Health Promoter for Seniors</i> SEOCHC

December 2	Seniors Tips for a Healthy Winter	Public Health Nurse Ottawa Public Health
December 9 *In the ELMVALE room	Coping with the Holidays	Lisa Bornn & Brigid Dekker <i>Community and Home Support</i> SEOCHC
December 16 *Meet at 1355 Bank St. Lobby (10:30 am)	Holiday celebration Ring in the holiday season with a buffet lunch, gifts, games, and good company.	Buffet des Continents COST: \$15/person *Registration required

Programs at Hunt-Club Riverside Community Centre site – 3320 Paul Anka Drive: All welcome!



URBAN POLE WALKING CLUB

We will start with a warm up and then go Nordic Pole walking in the fresh air.
We provide the walking poles.

Meet at the Hunt Club Riverside Community Centre 3320 Paul Anka Drive Monday: 9:30 -10:30 am Ongoing till November 16 <i>(Please note no program on Monday, Oct. 12th)</i> **In case of heavy rain, walking will be cancelled**	Leader: Jeanne d’Arc
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QIGONG

Balance your energies with physical movements, postures, breathing and meditation

Hunt Club Riverside Community centre Thursdays starting September 17th from 10:00 to 11:00 am	Instructor: Lucille Gaudet For more information, please call Hoda: 613-219-4135
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NURSING FOOT CARE CLINICS

Monday: 10:00 am – 3:00 pm

September: 14, 21 7 28 October: 5, 19 & 26 November: 2, 9, 16, 23 & 30 December: 7, 14 & 21	Call Diane for an appointment: 613-247-1600 \$15 - by appointment only
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