

# Winter Health Promotion Program for Seniors – 2016

## Programme d'Hiver Promotion de la santé pour les aîné(e)s – 2016



Winter is here in all its glory!  
Come and enjoy all the free exercise programs and health seminars we have to offer. There's 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, ball exercises and dance movements.

1355 Bank St., 7th floor  
Albion & Heatherington rooms  
**Monday and Thursday: 1:30 – 2:30 p.m.**

Beginning January 4, ongoing

**(Please note no program on February 15 & March 28)**

Volunteer Leaders:

Barbara and Maisaloon

1355 Bank St. 7<sup>th</sup> floor  
Albion & Heatherington rooms

**Tuesday: 1:30 - 2:30 p.m.**

Beginning January 5, ongoing

Volunteer Leader:

Jeanne D'Arc

1670 Walkley Rd. (lounge)

**Monday and Wednesday: 9:00 - 10:00 a.m.**

January 4 to May 25, 2016

Volunteer Leaders:

Agnes, Julee and Jeanne D'Arc

2080 Russell Rd. (lounge)

**Monday and Thursday: 11:00a.m. -12:00 p.m.**

Beginning January 4, ongoing

Volunteer Leader:

Klara

### GENTLE YOGA FOR BODY AND MIND

Yoga for Life! Increase energy, improve balance and mobility as gentle movement builds strength and enhances peace of mind. Relax, enjoy, and observe the results. You may be pleasantly surprised.

1355 Bank St., 7<sup>th</sup> floor  
Albion & Heatherington rooms  
**Tuesday: 10:30 a.m. – 11:30 a.m.**

January 12 – March 29

\*Donations are appreciated, but not required\*

Certified Yoga Instructor:

Lesley Anne Paveling

\*Space is limited – please register to reserve your spot!\*

### FREE DENTAL SCREENING

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

**1355 Bank St, 6<sup>th</sup> floor**

**12:00 – 5:00 p.m.**

\*Go to Health Services reception to check in.

**First Friday of each month**

**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)*

### 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., 7<sup>th</sup> floor**

**Monday and Wednesday mornings:**

Exercises (gentle): 10:00 – 10:45 a.m.

Chair Yoga: 11:00 – 11:30 a.m.

Beginning January 4, ongoing

**(Please note no program on February 15 and March 28)**

Volunteers:

Monday – Iwona

Wednesday – Ladan

## DIABETES SELF-MANAGEMENT WORKSHOP

This six week workshop helps people living with diabetes to better manage their symptoms and their daily life. It gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active.

1355 Bank St., 7<sup>th</sup> floor  
Alta Vista room  
**Thursday: 1:00 – 3:30 p.m.**  
February 11 – March 17

Please call 1-877-240-3941 for registration or for more information  
\*Space is limited – please register to reserve your spot!\*

## WISE ADULTS SEMINARS

**Wednesday: 1:00 – 3:00 p.m.** (unless specified otherwise)  
1355 Bank St., 7<sup>th</sup> Floor: Albion & Heatherington rooms  
**January 6 – March 30, 2016**

*\* Note changes to location and/or time*

January 6	Learn how to manage stress, depression and anxiety with the AcuDestress program	<b>Dominique Massé</b> <i>Registered Nurse, SEOCHC</i>
January 13	Transportation choices for Ottawa Seniors	<b>Lisa Bornn &amp; Ann Spiers</b> <i>Community and Home Support, SEOCHC</i>
January 20 *In the ELMVALE room	Learn many inexpensive ways to make more efficient use of energy when it comes to shelter, heating, cooling, transport and food	<b>Bridget O'Flaherty</b> <i>Envirocentre of Ottawa</i>
January 27	1)How to identify vulnerable and at risk seniors in our community 2) Learn about the Primary Care Outreach program	<b>Susan Phypers</b> <i>Registered Nurse, Ottawa Public Health</i> <b>Mallory Shorten</b> <i>PCO intake worker</i>
February 3	The benefits of exercising and walking and what's available as far as free programs in Ottawa	<b>Jocelyne Pion</b> <i>Health Promoter for Seniors, SEOCHC</i>
February 10 *In the ELMVALE room	Learn about the Grandmother -to- Grandmothers Network and let's share our experience as grandparents	<b>Marjorie Kort</b> <i>RN, Teacher and member of International Grandmother to Grandmothers Network.</i>
February 17 *In the ELMVALE room	Information about Heart Wise Ottawa programs and the rehab program at the Ottawa Heart Institute.	<b>Jennifer Harris</b> <i>Heart Wise Ottawa</i>
February 24 *In the ELMVALE room	Heart Healthy Eating	<b>Annette Charron</b> <i>Registered Dietitian, SEOCHC</i>
March 2 *1:00 – 3:30p.m. *Trip to South Keys Loblaws	Grocery store tour and food adventure with tastings and refreshments * Meet us at South Keys Loblaws for 1:00 p.m.	<b>Maylinda Bernard</b> <i>Registered Dietitian</i>  *Special surprise guest!
March 9 *In the ELMVALE room	Rights and Responsibilities of Grandparents	<b>Guest speaker</b> <i>Law Office</i>
March 16	Blood Thinners - an Overview of new and old anticoagulant medications and a guide to using them safely	<b>Julia Maslikowska, BSc, BScPhm, ACPR, RPh</b> <i>Clinical Pharmacist – INR &amp; Anticoagulation Management</i>
March 23	Easter Celebration	<b>Details to be confirmed!</b>
March 30	Heads up for a Healthier Brain	<b>Joanne Dyson</b> <i>Alzheimer Society</i>

## NURSING FOOT CARE CLINICS

**Hunt Club Riverside Community Centre site, 3320 Paul Anka Dr.**  
**Monday: 9:00 - 3:00 pm**

January: 4, 11, 18 & 25  
February: 1, 8, 22 & 29  
March: 7, 14 & 21

\$15 - by appointment only

Call Diane for an appointment  
613-247-1600