



Spring Health Promotion Programs for Seniors – 2016

Programme Printannier de Promotion de la santé pour les aînés –2016

Spring is finally here! It's time to put away the winter boots and join us for an exciting new session. At the South-East Ottawa Community Health Centre, we've planned a full schedule of activities for you to enjoy.

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

For more information, contact Jocelyne:
613-737-7195 ext. 2323

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 p.m. April 4 – ongoing (Please note no program on Monday, May 23)	Volunteer Leaders: Barbara and Maisaloon <i>*Please do not drop-in unless you're registered for this class</i>
1355 Bank St., 7 th floor (Albion & Heatherington rooms) Tuesday: 1:30 – 2:30 p.m. April 5 – ongoing	Volunteer Leaders: Jeanne d'Arc
1670 Walkley Rd. (lounge) Monday and Wednesday: 9:00 – 10:00 a.m. April 4 – May 25 (Please note no program on Monday, May 23)	Volunteer Leaders: Agnes, Julee and Jeanne d'Arc
2080 Russell Rd. (lounge) Monday and Thursday: 11:00 a.m. – 12:00p.m. April 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 th floor Albion & Heatherington Rooms Tuesday: 10:30 – 11:30 April 12 – July 5 (Please note no program on Tuesday, May 17) <i>*Donations are appreciated, but not required*</i>	Registered Yoga Teacher: Lesley Anne Paveling <i>*Space is limited – please register to reserve your spot!*</i>
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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 a.m.

Chair Yoga: 11:00-11:30 a.m.

Ongoing (Please note no program on Monday, May 23)

Volunteers: Iwona and Bernadette

URBAN POLE WALKING CLUB

Participants start with a warm up and then go Nordic pole walking along the river or in the park. We provide the poles, but most people get their own when they realise how great pole walking is!

Meet at 1355 Bank St., 7th floor - Albion & Heatherington rooms

Wednesday: 9:00 – 10:00 a.m.

April 20 – ongoing

** In case of heavy rain, participants will walk inside the Billings Bridge Shopping Centre **

Volunteer Leaders: Jocelyne and
Jeanne d'Arc

LIVING A HEALTHY LIFE WITH CHRONIC PAIN

This program is designed to give participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

1355 Bank St., 7th floor

Alta Vista room

Tuesday: 1:30 – 4:00 p.m.

April 5 – May 10

For more information or to register, please contact:
1-877-240-3941

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

*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*

MOURNING AFTER: A SUPPORT GROUP FOR SENIORS COPING WITH PERSONAL LOSS

Mourning After assists seniors in working through the loss of a spouse or partner, a child, friend or loved one with the support of a peer group. Rooted in the principles of confidentiality, honest sharing, and mutual respect the group makes it possible for those in mourning to begin to accept their loss, to set their house in order and to enable them to move forward with their lives.

St. Thomas the Apostle Church

2345 Alta Vista Drive

Wednesday: 1:00 – 3:00 p.m.

May 4 – June 8

For more information or to register, please contact Brigid Dekker:
613-737-5115 ext. 2325 or
brigidd@seochc.on.ca

WISE ADULTS SEMINARS

Wednesdays 1:00 – 3:00 pm (unless specified otherwise)
 1355 Bank St., 7th Floor: Albion & Heatherington Rooms
April 6 – June 29, 2016

** Note changes to location and/or time*

April 6	The Secret Ingredient: why and how to volunteer	Claire Marshall <i>Volunteer Ottawa</i>
April 13 *In ELMVALE room	Financial Literacy: budgeting and staying out of debt	Florence Brake, MSW, MA <i>Financial Literacy Trainer</i>
April 20	Gardening in your apartment starting from seeds	Local Gardeners of Ottawa <i>Joint program with the Arabic Seniors group</i>
April 27	Collection Agencies: what are they, when can they contact you and what are your rights?	Genevieve Colverson <i>Articling Student, Community Legal Clinic University of Ottawa</i>
May 4	Mother's Day Celebration	<i>Details to be announced!</i>
May 11 *In ELMVALE room	The latest development in heart valve replacement and pacemakers.	Speaker TBD <i>Ottawa Heart Institute</i>
May 18 * OUTING – see details!	<u>Tulip Festival Fun at Lansdowne Park</u> New to this year's festival, Lansdowne park will have a tulip and sculpture garden and entertainment.	Please reserve your spot! Meet at 1355 Bank St. in the lobby at 12:30 p.m.
May 25	The Meals on Wheels program and volunteer opportunities	Suzanne Allyson-Morello <i>Meals on Wheels</i>
June 1	Cooking and Grocery Shopping for One: join us for an interactive presentation where we'll cook our own food	Meghan Campeau, Dietician Student Annette Charron, Community Nutritionist <i>SEOCHC</i>
June 8 *In ELMVALE room	Rights and responsibilities of grandparents to access grandchildren and an overview of free legal services in Ottawa	Valerie Paquette <i>Student, Community Legal Clinic University of Ottawa</i>
June 15 *In ELMVALE room	Cardiac Health: symptoms of problems in men and women and resources in Ottawa	Jennifer Harris <i>Heart Wise Ottawa</i>
June 22 * OUTING – see details!	<u>Visit to the new Beacon Heights Lodge</u> A tour of the facility with entertainment, mini putt and snacks. Transportation generously provided by Beacon Heights Lodge.	Please reserve by April 20 as spaces are very limited. <i>No drop-ins please.</i> Meet at 1355 Bank St. at 1:00 p.m.
June 29 * OUTING – see details!	<u>Picnic at the Black Rapids Lockstation</u> Celebrating Canada Day and ringing in the summer with a picnic. If you enjoy fishing, bring your fishing equipment.	Please reserve by June 1 as spaces are limited. <i>No drop-ins please.</i> Meet at 1355 Bank St. at 11:00 a.m.



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

URBAN POLE WALKING CLUB

Participants start with a warm up and then go Nordic pole walking in the fresh air. We provide the poles, but most people get their own when they realise how great pole walking is!

Meet at 3320 Paul Anka Drive

Monday: 9:30 – 10:30 a.m.

April 18 – ongoing

**** In case of heavy rain, walking will be cancelled****

Volunteer Leader: Jeanne d’Arc

FIRE SAFETY FOR SENIORS

Learn about fire hazards in the home and survival skills.

3320 Paul Anka Dr.

Friday, May 27th, 2016

1 – 2:30 pm

For more information or to register, please

contact Lisa Bornn:

613-737-7195 ext. 2326

lisab@seochc.on.ca

NURSING FOOT CARE CLINICS

Monday: 9:00 am – 3:00 pm

April: 4, 11, 18 & 25

May: 2, 9, 16 & 30

June: 6, 13, 20 & 27

Call Diane for an appointment:

613-247-1600

\$15 - by appointment only



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