



Autumn Health Promotion Programs for Seniors –2017

Programme automnal de promotion de la santé pour les aîné(e)s – 2017

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 until December 19th <i>(Please note no classes on Monday, Sept.4th and Oct. 9th)</i>	Volunteer Leaders: Barbara, Yvonne, Bouchra David, Nicolas
1355 Bank St., 7th floor Albion & Heatherington rooms Tuesday: 1:30 – 2:30 pm Ongoing until December 19th	Volunteer Leaders: Jeanne d’Arc, Danielle, Fayza
2080 Russell Rd. (lounge) Monday: DVD with Klara 11:00 am – 12:00 pm Thursday: live fitness with Danielle 11:00-12:00 p.m. <i>(Please note no program on Monday, September 4th & October 9th)</i>	Volunteer Leaders: Klara and Danielle
1670 Walkley Rd. (lounge) Monday and Thursday 8:45 – 10:00 am September 11 to December 14th <i>(Please note no program on Monday, Oct. 9)</i>	Volunteer Leaders: Agnes, Julee, Yvonne, Jeanne D’Arc Staff Leader: Jocelyne
1909 Russell Rd (lounge) Friday 10:00 – 11:00 am September 15 to December 15	Volunteer leaders: Danielle, Nicolas

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): 10:15 – 10:45 am

Chair Yoga: 11:00 – 11:30 am

**Please note no program on Monday, Sept. 4, Oct. 9 and Dec. 25*

Volunteers:

Monday – Iwona

Wednesday – looking for volunteer!

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., 7th Floor

Albion & Heatherington Rooms

Tuesday: 10:30 – 11:30 am

September 12 to December 5

(Please note no class on Tuesday, October 10)

Donations are appreciated, but not required

Registered 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, 6th floor

**Go to Health Services reception to check in.*

First Friday and third Monday of each month

9:00a.m. to 12:00 p.m.

1:00pm to 4:00 p.m.

Space is limited. Call for appointment ASAP!

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

The drop-in group assists seniors working through the loss of a spouse or partner, a child, a friend or loved one with the support of a peer group. Each month a new topic will be explored.

For more information or to register, call Soraya at 613 737-5115 ext. 2336

St. Thomas the Apostle Church

2345 Alta Vista Drive

Thursdays : September 28, October 6th, November 30th,

December 14th

1:30 – 3:30 pm

For more information or to register, call

Soraya at 613-737-5115 ext. 2336



WISE ADULTS SEMINARS

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

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

September 13 – December 13,

** Note changes to location and/or time*

September 13 1:00 to 4:00 p.m. *Outing	Outing to explore <i>Kontinuum</i> followed by a great visit to the new Atrium at the National Art Centre	Let's take the number 6 bus to go and will return with more bus options
September 20	Sharing Successful Recipes: Apples! (Bring in your favorite recipe)	Bring in your favorite apple based dessert!
September 27 12:30 to 4:30p.m. *Outing	Free Apple picking outing	We provide transportation! You pick and pay for your own organic apples. Fresh eggs and other natural products available for purchase from the farm.
October 4	Understanding Guillain Barré Syndrome	On line Polyneuro exchange and testimonials from people with Guillain Barré Syndrome
October 11	The Canadian Hearing Society (Presentation on their offered services)	Barb Christopher Hearing Care Counsellor Canadian Hearing Society
October 18	Need to Know Session: Understanding Multiple Sclerosis	Guest speaker from the Multiple Sclerosis Society of Canada
October 25 *Outing <i>Meet at Hunt-Club Riverside CC 3320 Paul Anka drive</i>	Bilingual presentation of the Hunt Club Riverside Community Centre Art Mural (created by volunteer artists) and a walk around the surrounding area.	Let's meet at Hunt Club Riverside community center at 1:00 p.m. Presented by one of the volunteer artist, Jeanne D'Arc Laflèche.
November 1	Need to Know Session ALS/Lou Gehrig's Disease	Guest speaker from the ALS Society of Canada
November 8 1:00 to 3:00 p.m.	Understanding Digestion	Healthy living Champlain
November 15 Elmvale room	Your Healthy Eating Check-up: review your Nutri-e SCREEN with our Registered Dietitian to see how you are doing with your eating.	Sandy McIntrye Community Nutritionist from SEOCHC
November 22	Visavie Retirement Referral program	Theresa Black from the Ottawa Retirement Referral program
November 29	Get the Facts: Bill C-14 and Assisted Dying Law in Canada	Presenter to be determined
December 6	Holiday Bliss (Yoga and meditation for stress relief and relaxation)	Lesley Ann Paveling
December 13 Outing * 11:00 am – 3:30 pm * Meet at 11:00 a.m. in the lobby of 1355 Bank St.	Holiday celebration lunch at the Buffet des Continents restaurant in Gatineau	You pay for your own buffet with tax and tip around \$ 17 each. Tea and coffee is included and we provide school bus transportation

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



NURSING FOOT CARE CLINICS Wednesday and Fridays 9:00 am - 3:00 pm

Every Wednesday and Friday

Call Diane for an appointment:
613-247-1600
\$20 - by appointment only



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