



Winter Health Promotion for Seniors - 2018

Programme de promotion hivernal de la santé pour les aîné(e)s - 2018

Winter programs, outings 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 these 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 Starts Monday, January 8 (ongoing) Monday and Thursday: 1:30 - 2:30 pm <i>(Please note no program on Monday February 19th and April 2nd)</i>	Volunteer and student leaders: Barbara, David and Nicholas.
1355 Bank St., 7th floor Albion & Heatherington rooms Starts Tuesday, January 9 (ongoing) Tuesday: 1:30 - 2:30 pm	Volunteer leaders : Nicholas and Jeanne D' Arc Staff leader: Jocelyne
2100 Russell Rd. (lounge) Thursday 11:00 am - 12:00 pm <i>Postponed until further notice</i>	Looking for a volunteer to lead the class
1670 Walkley Rd. (lounge) Monday and Thursday 8:45 - 10:00 am Monday, January 8 - Thursday May 24 <i>(Please note no program on Monday February 19th and April 2nd)</i>	Volunteer Leaders: Agnes, Julee, Jeanne D'Arc and Nicholas Staff leader: Jocelyne
1909 Russell Rd (lounge) Tuesday 9:00 - 10:00 am Friday 10:00- 11:00 am (walking incorporated at Dempsey Community Centre)* <i>Please note no program Friday March 30</i> Starts up Tuesday , January 09 (ongoing)	Volunteer leaders: Teresa, Barbara, Danielle Staff leader: Jocelyne

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 February 19 and April 2*

Volunteers:

Monday – looking for a volunteer

Wednesday – looking for a volunteer

Yoga for a Healthy Life!

“Balance. Flexibility. Comfortable Posture.” Meet the challenges of aging with awareness and resilience. Enjoy this gentle movement and meditation for body, breath, and mind.

1355 Bank St., 7th Floor

Albion & Heatherington Rooms

Tuesday: January 09 to March 27

10:30 – 11:30 am

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

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

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

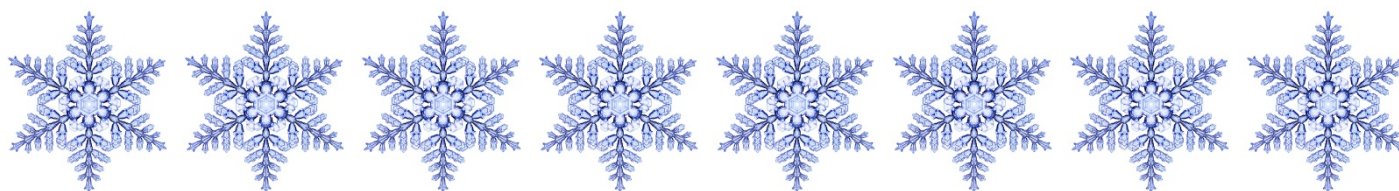


WISE ADULTS SEMINARS

Wednesday: 1:00 – 3:00 pm (unless specified otherwise)
 1355 Bank St., 7th Floor: Albion & Heatherington rooms
January 10th to March 28th

** indicates a change to the location and/or time*

January 17th Elmvale room	Bone Health, Winter Safety and Fall Prevention	Jocelyne Pion Health promoter for seniors
January 24th	Falls Risk Screening QTUG	Champlain LHIN falls risk screening project
January 31 st * 1:00-2:30 p.m.	Understanding Joint Pain	Healthy Living Champlain
February 7th	<u>Fitness to Drive as We Age</u> Presentation	Louise Brunelle from Safer Roads Ottawa and Ministry of Transportation
February 14th	Need to know series Housing rights and responsibilities	Lisa Bornn and Mayse Abu-Shaaban
February 21 * Outing 9:30 a.m.- 12:30 pm	Guided tour of Brigil, a new retirement home, follows a presentation by Agewell (strategies for downsizing into a smaller home). 460 St-Laurent	Bus shuttle will pick up the seniors at 1355 Bank for 9:30 a.m. Space is limited, please reserve by January 31st
February 28 * 1:00-2:30 p.m.	Understanding your medication	Healthy living Champlain
March 7 March is Nutrition Month	The Potential of Food: fuel, discover, prevent, heal and bring people together!	Sandy McIntrye and Annette Charron, Community Nutritionists
March 14* Outing 12:30-3:30 p.m.	Visit and workshop at the Nu Grocery Waste free grocery store with a 10% seniors discount Bring your own containers!	We will take the city bus no. 11 to get to the grocery store Let's meet in the lobby for 12:30 p.m. (1130 Wellington West)
March 21* 1:00 -3:30 p.m. <i>Community Kitchen</i>	A chef from the Community Food Advisory Group will prepare a three course meal for Easter	Space is limited, please reserve by February 28 th Come ready to cook!
March 28 * Outing	Visit and tour of the Waterford Retirement Home at 2431 Bank Street	More details to come
April 4* Outing 10:30 a.m. - 2:30p.m.	Sugar Bush outing to the Domaine de l'Ange Gardien with entertainment. All included for \$19.55. Space is limited, please reserve by March 14th	We provide the transportation, free entertainment and dancing. You pay \$19.55 for food and beverages. We will depart from the lobby at 10:30 a.m.



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



NURSING FOOT CARE CLINICS

Nurse provides foot care
Wednesday and Friday: 9:00 am – 3:00 pm
No Friday appointments available in February

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



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