



Spring Health Promotion Programs for Seniors – 2018

Programme Printannier de Promotion de la santé pour les aînés –2018

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 have a full schedule of activities for you to enjoy.

Preregistration is required for all programs and classes.

For more information and to register, please contact Jocelyne Pion:

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 p.m. April 5th -Ongoing Please note no program on Monday, April 02, May 21 st	Volunteer Leaders: Barbara Dave and Nahie and Najat *Please register for this class in advance*
1355 Bank St., 7 th floor (Albion & Heatherington rooms) Tuesday: 1:30 – 2:30pm April 3 – Ongoing	Volunteer Leaders: Jeanne d’Arc
1670 Walkley Rd. (lounge) Monday and Thursday: 8:45 -10:00am April 5– May 24 (please see the walkers club program) Please note no program on April 2nd and May 21st	Volunteer Leaders: Agnes, Julee, Jeanne d’Arc & Hélène
1909 Russell Rd (lounge) Tuesday: 9:00-10:00am Friday: 10:00-11:00am (walking incorporated) Restarts April 3 rd and ongoing for the summer	Volunteer Leaders: Danielle, Teresa, Barbara
2850 Cedarwood Drive in the Heron Gate Hub (for seniors only) Thursdays: 10:00 – 11:00am Starts May 17th and ongoing	Volunteer leader: Nahie
1455 Clementine (for residents only) Tuesdays: 10:00-11:00am Starts May 15th and ongoing	Volunteer leaders: Nahie and student Najat

Somatic Laughter Yoga Sessions

“ 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: 10:30 – 11:30

April 10 – June 26

Donations are appreciated but not required

Registered Yoga Teacher:

Lesley Anne Paveling

*Space is limited –those on the waiting list have the priority for this Spring session

Somatic Laughter Yoga Sessions

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

Please contact Sarah at 613 737-7195 ext. 2780 to register

Tannenhof cooperative (for residents only)

131 Twyford street

Thursdays: 10:30-11:30am

May 10 - July 19

Registered yoga instructor

Lesley Ann Paveling

Urban Pole Walking

2080 Russell Road & 2100 Russell Road

We provide the poles; participants start up with a warm up and do the urban pole walking along pathways and residential areas to the park.

In case of rain, the activity is cancelled

Thursday: 10:00- 11:30am

May 3rd and ongoing

Volunteer leaders: Maegan and

Najat will start May 10

Walkers Club

1670 Walkley (in the lounge)

Participants start up with a warm up and do the walking around the residential areas

In case of rain, we will do the exercises indoors in the lounge.

Mondays: 9:00-10:30am

June 4 and ongoing

Volunteer leader : Jeanne D’Arc and H el ene

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 -10:45am

Chair Yoga: 11:00-11:30am (on going)

Volunteers needed

WISE ADULTS SEMINARS

Wednesdays 1:30 – 3:00 pm (unless specified otherwise)

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

April 11 – June 28, 2018

** Note changes to location and/or time*

April 11 th 1:30-3:00pm	Survey of our Wise Adults seminars	Facilitated by Jocelyne Pion
April 18 1:30-3:00pm	No program survey still on going	Facilitated by Jocelyne Pion
April 25 1:30-3:00pm	Effective communication skills for seniors	Facilitated by Jocelyne Pion with (A Time for me material)
May 2 1:30-3:00pm	Presentation on home care services, retirement community living and other support services	Presented by Patricia Hogg from Maestro Lifestyles needs and referral agency.
* May 9 Outing 1:45-5:00pm	Let's celebrate Mother's Day at 1909 Russell Rd with hats, a tea social and a visit of the Science and Technology Museum	1:45-3:45pm-Tea social at 1909 Russell Rd 4:00-5:00pm-Free visit at the Museum
* May 17 Outing 11:00am- 4:00pm **Thursday**	Let's go visit the Tulip festival and have lunch at Tucker's Market place. We will also take a bus tour along the canal, Landsdowne and Dows lake. Cost is 17\$ with tax & tip for lunch. **Limited space on the bus and at the restaurant; please don't wait to RSVP**	11:15am - Pick up at 1355 Bank street 11:45am- 1:30 pm -Lunch at Tuckers' Market restaurant 2:00-3:00pm- Walking Tour of Dows lake
May 23 1:30-3:00pm	Elections presentation This will be a very fun & interactive presentation and great way to test your knowledge!	Presented by Euphrasie Emedi, Community Developer, SEOCHC
May 30 1:30-3:00pm	Need to Know Session- Hospice Care in Our Community. Information on services and supports that are available in the community	Presented by Hospice Care Ottawa
June 6 1:30-3:00pm	Protect your finances	Presented by Jocelyne Pion Ted Talk material
June 13 1:30-3:00pm Elmvale room	Volunteer options at our centre and in the community. Summer planning & evaluation	1:30-2:00pm- Jessica-Rae Linzel , Volunteer Coordinator, SEOCHC 2:00–3:00pm-Summer planning & evaluation
*June 21 Outing 3:30- 9:30pm **Thursday**	Let's celebrate Father's Day at the National Art Gallery and the Jazz Festival. We provide the city bus tickets & the snacks. You may bring your own dinner. Let's leave on the city bus at 3:30 p.m.	3:30pm-meet at 1355 Bank & take city bus 4:15- 5:00pm-Dinner and snacks 5:00 -6:30pm- Impressionist treasures exhibit 6:45 -8:30pm- Ottawa Swing Band and Peter Liu and the Pollcats at the Jazz festival
*June 28 Outing 11:00am -4:00pm **Thursday**	Let's go out to the Jazz festival at the Ontario Stage and take a bus tour of Rockliffe. Bring your own bagged lunch, folding chair or blanket, water, a hat and sunscreen. **Limited space on the bus; please don't wait to RSVP**	11:00am-pick at 1355 Bank Street 11:30am-1:00pm-Jazz festival and lunch 1:30-3:00pm-Bus tour of Rockliffe Park, the Governor General and a stop-over at the Rockliffe Yacht Club. Return to 1355 Bank street (around 4:00 p.m.)



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

NURSING FOOT CARE CLINICS

Wednesdays and Fridays: 9:00am – 3:00pm
Nurse provides foot care

Please call to inquire about waitlist.

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



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