



Summer Health Promotion Programs for Seniors – 2018 Programme Estival de Promotion de la santé pour Les aînés –2018

Summer is finally here! Join us for some exciting new outdoor and indoor activities. At the South-East Ottawa Community Health Centre, we've planned a full schedule of activities for you to enjoy.

Preregistration is required for all programs and classes.

For more information, 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 & Thursday: 1:30 – 2:30 pm Ongoing Please note no program on : July 2nd, August 6th & September 3rd	Volunteer Leaders: Barbara, Najat, Jocelyne * Please register for this class in advance*
1355 Bank St., 7 th floor (Albion & Heatherington rooms) Tuesday: 1:30 – 2:30 pm Ongoing	Volunteer Leader: Jeanne d'Arc, Najat
1455 Clementine(for residents only) Tuesday: 10:00-11:00 am Ongoing	Volunteer Leaders: Noha, Najat
1909 Russell road (lounge) Tuesday: 9:00-10:00 am Friday: 10:00-11:00 am Ongoing	Volunteer Leaders: Barbara, Teresa, Najat, Jocelyne
2850 Cedarwood Drive in the Heron Gate Hub (for seniors only) Thursdays: 10:00 – 11:00am Ongoing	Volunteer leader: Nahie

GENTLE YOGA FOR BODY AND MIND

Yoga for Life! Increase energy, improve balance and mobility as gentle movement build strength and enhance 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 – 11:30am
July 10–August 28 (no program on July 24th)
 Donations are appreciated, but not required

Registered Yoga Teacher:
 Lesley Anne Paveling

 Space is limited – please register to reserve your spot!

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
Gentle exercises: 10:00 -10:45 am
Chair Yoga: 11:00-11:30 am
Ongoing
Please note no program on July 2nd, August 6th and September 3rd

Volunteers

Walkers club and Urban pole walking

Participants start with a warm up, followed by the walkers club and/or urban pole walking along pathways and residential areas to the park. We provide the poles; you bring your walker and your bottle of water.

1670 Walkley road (for residents only)
 Meet in the lounge
Monday: 9:00 -10:30 am
June 4th and ongoing
 ** In case of heavy rain, the activity is cancelled**

Volunteer Leaders: Jeanne D’Arc and Jocelyne

2080 and 2100 Russell road (for residents only)
 Meet at the kitchen lounge of 2080 Russell road
Thursday: 10:00 to 11:30 am
May 17th and ongoing
 ** In case of heavy rain, the activity is cancelled**

Volunteer Leaders: Meagan, Najat and Jocelyne



WISE ADULTS OUTINGS
 Wednesdays or Thursdays
 July 5th – August 30th , 2018

<p>Thursday, July 5 3:00- 8:00 pm</p>	<p>Museum of history & Poutine Fest Let's picnic on the land of the Museum of History followed by the visit of special exhibits and the poutine fest</p>	<p>3:00pm meet in the lobby at 1355 Bank street to take the City Bus 4:00pm Picnic on the grounds or buy from the poutine fest 5:00-7:00pm-visit of the special exhibits (we will provide the bus tickets)</p>
<p>Wednesday, July 11 11:00am-4:00 pm</p>	<p>Yoga & Picnic on Parliament Hill & visit to Bytown Museum. Join us for a free yoga session on parliament Hill, followed by a picnic and visit to the canal and the Bytown museum.</p>	<p>11:00 am- meet in the lobby at 1355 Bank street to take the City Bus Please bring: your own yoga mat, a water bottle and lunch; and wear comfortable clothes. We will pay your admission fee to the museum</p>
<p>Wednesday, July 18 11:30am-3:30 pm</p>	<p>Birthday Party & Picnic at Windsor Park Let's celebrate the summer birthdays with a lovely picnic over at Windsor park off of Riverdale and also let's do games with prizes</p>	<p>11:30am - meet in the lobby of 1355 Bank and let's walk over to Windsor park We will provide sandwiches, lemonade, cake and surprises</p>
<p>Wednesday, July 25 4:00 to 9:30 pm</p>	<p>Picnic and musical theatre play Join us for a Picnic at Brantwood park followed by the musical comedy play About Twelfth Night. The 90 minute 6-actor production of <i>Twelfth Night</i> will play against the backdrop of Brantwood community park by the river in East Ottawa community. Join us for this vibrant gender-bending comedy of love, music and mistaken identity.</p>	<p>4:00 pm- meet in the lobby at 1355 Bank street to walk or take the city bus to Brantwood park in Old Ottawa East. Donations are welcome for the musical theatre play. Bring a comfortable chair and your picnic dinner.</p>
<p>Wednesday, August 15 4:00-9:30 pm</p>	<p>Mother Tucker's buffet and the Casino Fireworks near the Bytown Museum. Cost for buffet dinner is \$22.00. Please confirm your attendance by July18</p>	<p>4:00pm- meet in the lobby at 1355 Bank street to take the City bus (Seniors ride free on Wednesdays) 5:00pm- dinner at Mother Tuckers 7:30-9:00pm- Fireworks</p>
<p>Wednesday, August 29 3:00-9:30pm</p>	<p>Agriculture museum & dinner with the Northern Lights Join us for the sound and light show to discover Canada History You pay for your own dinner on Preston street.</p>	<p>3:00pm -meet in the lobby at 1355 Bank to take the City Bus (Seniors ride free on Wednesdays) 4:00- 7:00pm- Visit the Agriculture Canada Museum and its beautiful gardens, followed by dinner on Preston street. Evening: Northern Lights</p>



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



NURSING FOOT CARE CLINICS Wednesday and some Friday 9:00 am – 3:00 pm	
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

