



Autumn Health Promotion Programs for Seniors –2018

Programme automnal de promotion de la santé pour les aîné(e)s – 2018

Fall is here! It's time to enjoy the harvest and
the free exercise programs
& 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

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 <i>Ongoing until December 17</i> <i>(Please note no classes on Monday: Sept.3, Oct. 8 & Nov.12)</i>	Volunteer Leaders: Barbara, Nahie, Akoele,
1355 Bank St., 7th floor Albion & Heatherington rooms Tuesday: 1:30 – 2:30 pm <i>Ongoing until December 18</i>	Volunteer Leaders: Jeanne d'Arc, and Akoele
1670 Walkley Rd. (lounge) Monday and Thursday 8:45 – 10:00 am September 10 to December 17 <i>(Please note no program on Monday, Oct. 8 & November 12)</i>	Volunteer Leaders: Julee, Jeanne D'Arc, Agnes Staff leader: Jocelyne
1455 Clementine (community room) Tuesday :10:00-11:00am <i>Ongoing until December 18</i>	Volunteer Leader :Nahie
1909 Russell Rd (lounge) Tuesday: 9:00-10:00 am. Friday: 10:00-11:00 am. <i>Ongoing until December 18</i>	Volunteer Leaders: Teresa and Danielle
2850 Cedarwood Drive in the Heron Gate Hub (for seniors only) Thursdays 10:00-11:00 am September 13 –December 13	Volunteer Leader: Nahie

FROM SOUP TO TOMATOES - EXERCISE PROGRAM

This program will be delivered using Soup to Tomatoes archived session material (400 session) the exercise leader, a kinesiologist and RN from Northern Ontario will be leading the group through the archived material.

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

Ongoing until December 19th

**Please note no program on Monday, Sept 3, Oct 8, Nov, 12*

Volunteers needed

Somatic Laughter Yoga Sessions

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 – 11:30am

September 11 to December 4

Donations are appreciated, but not required

Registered yoga instructor:

Lesley Anne Paveling

**Space is limited – please register to reserve your spot!*

Volunteers needed for all of our programs Ever thought of volunteering for the seniors programs

Meet new people, make new friends, have fun, enjoy life!!
We need volunteers for all of the seniors health promotion programs on a regular basis (except for the Somatic Laughter Yoga).

**For more information please contact
Jocelyne at 613-737-7195 ext. 2323**

Walkers club

Participants start up with a warm up followed by walking along pathways and residential areas to the park. We provide the poles; you bring your walker and your bottle of water. Meet at the side entrance of 2080 Russell rd.

Thursdays: 10:00-11:30 am

Ongoing until the snow arrives

In case of heavy rain, the activity is cancelled

Volunteer Leader: Meagan, Bytown option coordinator.



WISE ADULTS SEMINARS

Wednesday: 1:30– 3:00 pm (unless specified otherwise)
 1355 Bank St., 7th Floor: Albion & Heatherington or Elmvale rooms and
 Hunt club Riverside Community Centre, 3320 Paul Anka Drive
September 5 – December 12, (no seminar on October 3rd)

** Note changes to location and/or time*

September 5 1:30 to 3:00 p.m. Elmvale room	Presentation on Municipal Elections dates of candidates' debate in your ward. Review of candidates platforms and the importance of voting. Real news without community papers.	Presented by Euphrasie Emedi
September 12 1:00-2:30 p.m. *Hunt club Riverside community centre	Need to know session Information on Home Support Services	Presented by Abbotsford, the Glebe Centre and South-East Ottawa CHC 3320 Paul Anka Drive
September 19 12:30 - 4:30p.m. *Outing	Outing to Mosaic Canada with some of the fall colours Admission to Mosaic is \$18 per senior	12:30- 1:30 p.m. Meet in the lobby of 1355 Bank st to take the City Bus 2:00-3:00 p.m. Visit of Mosaic cultures 3:00-3:30 p.m. Snacks in the park 3:30-4:30 p.m. Back on the City bus
September 26 1:30-3:00 p.m.	Get the Facts: Bill C-14 and Assisted Dying Law in Canada	Presenter to be announced
October 10 1:30-3:00p.m.	Let's talk about death while were still living by Ted Talk video humourist	Discussion following this presentation
October 17 1:30-3:00p.m	Let's talk about mental health and how it can affect your health	Social Services presenter from SEOCHC
October 24 1:00-2:30 p.m. *Hunt club Riverside community centre	Need to Know Session: Your Liver, Your Health	Presented by the Canadian Liver Foundation 3320 Paul Anka Drive
October 31 3:00-5:30 p.m.	Harvest cooking for 1 or 2 people	Culinary volunteers to be confirmed
November 7 1:30-3:00p.m.	Share your reviews of a latest book that you've read	Please have your book with you to share and perhaps exchange
November 14 th 1:30-3:00 p.m.	Bring in your own knitting, crochet or needlework project that you are working on	Bring in your patterns to share. Any extra wool to be donated would be great
November 21 1:30-3:00 p.m.	Ted Talk video presentation "The biggest risk facing big cities and its solutions" followed by a discussion(Ted talk)	Presentation and discussion with solutions following the video presentation
November 28 3:30- 6:00 p.m. *Outing	Movie time at the Mayfair theatre followed by tea or coffee at Tim Hortons Movie admission fee is 7\$ per senior	Movie to be announced
December 5 1:30-3:00p.m.	Holiday Bliss (Yoga and meditation for stress relief and relaxation)	Lesley Ann Paveling
December 12 11:00- 3:00 p.m. *Outing	Let's try a new restaurant to celebrate the holidays all together	More details to come (all suggestions are welcomed)

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

The Seniors Social Circle

Introducing a new pilot program at Hunt Club Riverside Community Centre

A great way to meet your neighbours & socialize!

Tuesday's from 1:00-3:00 p.m.

Starts September 25th 2018

Tuesday's from 1:00-3:00 p.m.
September 25th - December 18
Seniors Room

Joins us on September 25th and October 2nd to learn more and register for the club.

Activities include: social tea, sing alongs, book club, movie day, forest bathing, chair dancing, presenters with discussions and much more!

Volunteer Leader: Linda

NURSING FOOT CARE CLINICS

Wednesday and Fridays from 9:00 am –3:00 p.m.

Every Wednesday and Friday: 9:00 am to 3:00 p.m.
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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