

A photograph of four smiling seniors (two men and two women) of diverse backgrounds, looking towards the camera. They are arranged in a circle, with their heads touching. The background is a bright, out-of-focus green, suggesting an outdoor setting. A large teal graphic element, consisting of several curved, overlapping bands, is overlaid on the bottom half of the image.

A Guide to
**Recreation &
Leisure Resources**
for Seniors in London

Updated: March 2018

Introduction

This Guide to **Recreation and Leisure Services** available for older adults in London was originally developed by the Recreation and Leisure Committee of the former Seniors Community Association. The mandate of the Recreation and Leisure Committee is to ensure that London seniors have access to recreation and leisure opportunities that offer choice and are geared to seniors' interests, abilities, while maintaining and improving their quality of life. It is now part of the **Age Friendly London** Network Social Participation working group.

Given the range of leisure services being offered across London, **access to information and awareness** of those services has been raised repeatedly as the main impediment to taking part in the many community activities available and this is the purpose of the guide.

The information contained has been collected to provide older adults with a primary point of contact. Although every effort has been made to ensure its accuracy, program changes occur regularly and users are urged to contact the services directly and verify the program details they are interested in. Periodic updates of this guide will be done and any errors or omissions reported will be corrected in future editions.

For more information or to provide updates please contact:

Bev Farrell

Co-chair Social Participation
Working Group Age Friendly London
seniors.informationlondon.ca

c/o Third Age Outreach
of St. Joseph's Health Care London

Contact

519.661.1620
www.thirdageoutreach.ca
Beverly.farrell@sjhc.london.on.ca

Location


Kiwanis Seniors Community Centre
78 Riverside Drive London, Ontario
N6H 1B4



“ We don't stop playing because we grow old; we grow old because we stop playing. ”

- George Bernard Shaw

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A Friendly Reminder:


Readers should inquire directly with each program regarding:

- If advance registration is required or is the program drop-in?
- If programs are free or are membership or program fees required?
- If fee discounts or subsidies may be available?
- Level of building and program accessibility?
- Availability of busing or proximity to public transit and parking?

Areas of London

-  North East
-  North West
-  South East
-  South West
-  Central East
-  Central West
-  All Areas

Aquatic Programs

BERKSHIRE CLUB 
519-471-4590
 500 Berkshire Dr.
www.sifton.com/residential/berkshireclub

CENTRE BRANCH YMCA 
519-667-3300
 382 Waterloo St.
www.ymcawo.ca/cby

SOUTH LONDON COMMUNITY POOL 
519-661-0920
 585 Bradley Ave.
www.london.ca/recreation/aquatics

BOB HAYWARD YMCA 
519-451-2395
 1050 Hamilton Rd.
www.ymcawo.ca/bob-hayward

CHELSEY PARK HEALTH CLUB 
519-432-8504
 312 Oxford St. W
www.chelseypark.com

STONEY CREEK YMCA 
519-667-4400
 920 Sunningdale Rd. E.
www.ymcawo.ca/stoney-creek

CANADA GAMES AQUATIC CENTRE 
519-661-4455
 1045 Wonderland Rd.
www.london.ca/recreation/aquatics


FOREST EDGE COMMUNITY POOL 
 427 Village Green Ave.
www.forestedgepool.ca


WOODCREST POOL 
 695 Village Green Ave.
woodcrestcp@gmail.com
www.woodcrestpool.ca


CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 
519-661-2525
 656 Elizabeth St.
www.london.ca/recreation/aquatics


HORTON ST. SENIORS CENTRE 
519-434-9114
 184 Horton St.
www.bgclondon.ca/seniorsprograms


Outdoor Pools


BYRON POOL 
519-661-4405
 1308 Norman Ave.


NORTHRIDGE POOL 
519-661-4455
 15 McLean Dr.


STRONACH POOL 
519-661-4426
 1221 Sandford St.


GLEN CAIRN POOL 
519-661-4420
 370 Chippendale Ave.


OAKRIDGE POOL 
519-661-4424
 825 Valetta St.


THAMES POOL 
519-661-4417
 15 Ridout St. S

GIBBONS POOL 
519-661-4407
 2 Grosvenor St.

SILVERWOOD COMMUNITY POOL 
519-661-4413
 36 Sycamore St.

WESTMINSTER POOL 
519-661-4418
 650 Osgoode Dr.

NORTHEAST POOL 
519-661-4409
 1050 Victoria Dr.

SOUTHCREST POOL 
519-661-4415
 Hazelwood Ave.

Seniors' Centres & Satellites

- | | | |
|---|--|--|
| <p>ARGYLE SENIORS' SATELLITE CW
- CITY OF LONDON
519-661-2489 ext. 5769
East London Library,
2016 Dundas St.
www.london.ca/seniors</p> | <p>CHALMERS SENIORS' SATELLITE SE
- CITY OF LONDON
519-661-2489 ext. 5769
342 Pond Mills Rd.
www.london.ca/seniors</p> | <p>KIWANIS SENIORS COMMUNITY CENTRE CW
519-661-5740
78 Riverside Dr.
www.london.ca/seniors</p> |
| <p>BERKSHIRE SENIORS' SATELLITE CW
- CITY OF LONDON
519-661-2489 ext. 5769
The Berkshire Club
500 Berkshire Dr.
www.london.ca/seniors</p> | <p>WESTMINISTER SENIORS' SATELLITE SE
- CITY OF LONDON
519-661-2489 ext. 5769
Westminster Park Church,
1190 Southdale Rd. E.
www.london.ca/seniors</p> | <p>SENIORS' GATHERING PLACE CW
Drop in Tuesdays 9am-12pm
Covent Garden Market
2nd Floor. 130 King St.
centralsnac@yahoo.ca</p> |
| <p>BEACOCK SENIORS' SATELLITE NE
- CITY OF LONDON
519-661-2489 ext. 5769
BEACOCK LIBRARY
1280 Huron St.
www.london.ca/seniors</p> | <p>HAMILTON ROAD SENIORS CENTRE CE
519-661-5758
525 Hamilton Rd.
www.london.ca/seniors</p> | <p>TRINITY SENIORS' SATELLITE CE
- CITY OF LONDON
519-661-2489 ext. 5769
Trinity Church
76 Doulton St.
www.london.ca/seniors</p> |
| <p>BOYLE SENIORS' SATELLITE CE
- CITY OF LONDON
519-661-2489 ext. 5769
Boyle Memorial Community Centre, 530 Charlotte St.
www.london.ca/seniors</p> | <p>HORTON STREET SENIORS CENTRE CW
519-434-9114
184 Horton St.
www.bgclondon.ca/seniorsprograms</p> | |

Support Groups

For more information on other support groups not listed here please visit: www.thehealthline.ca or call 211

- | | | |
|--|---|--|
| <p>ALZHEIMER SOCIETY LONDON MIDDLESEX NE
519-680-2404
435 Windermere Rd.
www.alzheimerlondon.ca</p> | <p>HUNTINGTON SOCIETY OF CANADA SE
519-660-0670
Meetings at Parkwood Institute
550 Wellington Rd.
www.huntingtonsociety.ca</p> | <p>PARKINSON SOCIETY SOUTH WESTERN ONTARIO SW
519-652-9437
4500 Blakie Rd. Unit 117
www.parkinsonsociety.ca</p> |
| <p>ARTHRITIS SOCIETY CE
519-433-2191
204-400 York St.
www.arthritis.ca</p> | <p>LONDON AND DISTRICT STROKE RECOVERY ASSOCIATION CE
1-800-263-3463 ext 7763
www.marchofdimes.ca</p> | <p>MULTIPLE SCLEROSIS SOCIETY - SOUTHWEST CHAPTER CE
519-646-6030 - MS Navigator
1-844-859-6789 - Support Groups</p> |
| <p>BRAIN INJURY ASSOCIATION OF LONDON AND REGION CW
519-642-4539
341 Talbot St
www.braininjurylondon.on.ca</p> | <p>MCCORMICK CARE GROUP DEMENTIA SERVICES NW
519-439-9336
2022 Kains Rd.
www.mccormickcaregroup.ca</p> | <p>WELLSPRING LONDON AND REGION CANCER SUPPORT CENTRE CE
519-438-7379
YMCA of Western Ontario (Centre Branch)
382 Waterloo St.
www.wellspringlondon.ca</p> |
| <p>CANADIAN MENTAL HEALTH ASSOCIATION - MIDDLESEX BRANCH CE
519-668-0624
534 Queens Ave
www.cmhamiddlesex.ca</p> | | |

Retirement Living

These are just a few of the retirement homes that have programs that are open to the community. Please contact them directly for more information.

AMICA AT LONDON

519-657-7096

517 Fanshawe Park Rd. W.

www.amica.ca/london

CHELSEY PARK RETIREMENT COMMUNITY

519-432-1845

312 Oxford St. W.

www.chelseypark.com

PEOPLE CARE OAKCROSSING

519-641-0021

1238 Oakcrossing Rd.

www.peoplecare.ca

ARBOR TRACE ALZHEIMER'S SPECIAL CARE CENTRE - JEA SENIOR LIVING

519-681-0002

1-855-266-4058

120 Chelton Rd.

www.jeaseniorliving.com

GRAND WOOD PARK RETIREMENT RESIDENCE

519-432-1162

81 Grand Ave.

www.grandwoodpark.ca

WINDERMERE ON THE MOUNT RETIREMENT AND SENIOR APARTMENTS

519-432-9863

1486 Richmond St.

www.reveralliving.com/windermere

CHARTWELL RIVERSIDE RETIREMENT RESIDENCE

226-667-8061

201 Riverside Dr.

www.chartwell.com

MASONVILLE MANOR

519-663-0220

350 North Centre Rd.

www.masonvillemanor.com

WAVERLEY RETIREMENT RESIDENCE

519-667-1381

10 Grand Ave.

www.verveseniorliving.com

CHARTWELL ROYALCLIFFE RETIREMENT RESIDENCE

226-667-8064

609 Wharncliffe Rd. S.

www.chartwell.com

Annual Special Events

For more special events visit Tourism London www.londontourism.ca

CREATIVE AGE FESTIVAL

May

Central Library

Contact the Library for more information

519-661-4600

REXPO-RECREATION AND LEISURE FAIR

Every April

Kiwanis Seniors Community Centre

78 Riverside Dr.

519-661-1620

STEPPING OUT SAFELY

First Saturday in October

Kiwanis Seniors Community Centre

78 Riverside Dr.

519-661-1620

"FALL" INTO LEISURE -OPEN HOUSE

Showcasing all programs for the Fall.

Held every August at the Kiwanis Seniors

Community Centre

78 Riverside Dr.

519-661-1621

AGE FRIENDLY LONDON CONFERENCE

519-661-1620

Arts & Culture Programs

2 HANDS CLAY 519-434-8810

christine@2hands.ca
www.2hands.ca

ALL

EL SISTEMA AEOLIAN ADULT ORCHESTRA

519-672-7950
795 Dundas St. E.
aeolianhall.ca
info@aeolianhall.ca

CE

JJ CERAMICS

519-438-7913
452 Horton St E
www.jjceramics.ca

CE

MUSEUM OF ONTARIO ARCHAEOLOGY

519-473-1360
1600 Attawandaron Rd.
www.archaeologymuseum.ca

NW

SILVER DESIGN

Paint nights, fine art
www.silverdesign.com
silverdesign@hotmail.com

THE SECRETS OF RADAR MUSEUM

2155 Crumlin Side Rd.
519-691-5922
www.secretsofradar.com

SE

BANTING HOUSE NATIONAL HISTORIC SITE OF CANADA

519-673-1752
442 Adelaide St. N.
www.diabetes.ca/about-cda/banting-house

CE

FANSHAWE PIONEER VILLAGE

519-457-1296
1424 Clarke Rd.
Enter - Fanshawe Conservation Area Gates
www.fanshawepioneervillage.ca

NE

JONATHON BANCROFT- SNELL GALLERY

519-434-5443
258 Dundas St.
www.jonathons.ca

CW

MUSEUM LONDON

519-661-0333
421 Ridout St. N.
www.museumlondon.ca

CW

ROYAL CANADIAN REGIMENT MUSEUM

Wolseley Barracks
519-660-5275 ext. 5102
701 Oxford St. E.
www.thercrmuseum.ca

CE

WORD'S WORTH

519-871-9673
wordsmith@sandyross.ca
www.sandyross.ca

ALL

CROCK A DOODLE LONDON NORTH

519-473-9090
671 Wonderland Rd N
crockadoodle.com

NW

JET AIRCRAFT MUSEUM

519-453-7000
2465 Aviation Lane, Unit #2
London International Airport
www.jetaircraftmuseum.ca

CE

LONDON COMMUNITY WOODSHOP

519-667-7795
195 Horton St E
www.londonwoodshop.ca/contact
info@londonwoodshop.ca

CE

MCINTOSH GALLERY

519-661-3181
Western University, 1151
Richmond St.
mcintoshgallery.ca

NW

THE ARTS PROJECT

519-642-2767
203 Dundas St.
www.artsproject.ca

CE

LONDON DISTRICT WEAVERS AND SPINNERS

519-659-6440
www.ldsw.ca

CE

ELDON HOUSE

519-661-5169
481 Ridout St. N.
www.eldonhouse.ca

CW

Community Centres

ARGYLE ARENA

CE

519-661-4781

1948 Wavell St.

www.london.ca/playourway
recreation@london.ca

BYRON OPTIMIST COMMUNITY CENTRE

CW

519-661-2523

1308 Norman Ave.

www.london.ca/recreation/communitycentres
recreation@london.ca

EARL NICHOLS RECREATION CENTRE

SW

519-661-4485

799 Homeview Rd.

www.london.ca/communitycentres
recreation@london.ca

ARGYLE COMMUNITY RESOURCE CENTRE

CE

519-457-7659

2016 Dundas St. E

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE

CE

519-661-2523

656 Elizabeth St.

www.london.ca/recreation/communitycentres
recreation@london.ca

GLEN CAIRN COMMUNITY RESOURCE CENTRE

CE

519-668-2745

244 Adelaide St. South

www.gccrc.ca

BOYLE MEMORIAL COMMUNITY CENTRE

CE

519-661-4427

530 Charlotte St.

www.london.ca/recreation/communitycentres
recreation@london.ca

CROUCH NEIGHBOURHOOD RESOURCE CENTRE

SE

519-642-7630

550 Hamilton Rd.

www.crouchonline.org

KINSMEN RECREATION CENTRE

CW

519-661-7321

20 Granville St.

www.london.ca/recreation/communitycentres
recreation@london.ca

LAMBETH COMMUNITY CENTRE

SW

519-652-4071

7112 Beattie St. W.

www.london.ca/recreation/communitycentres

NORTH LONDON OPTIMIST COMMUNITY CENTRE

CE

519-661-5202

1345 Cheapside St.

www.london.ca/recreation/communitycentres

STONE CREEK COMMUNITY CENTRE

NE

519-667-4400

YMCA & LIBRARY

920 Sunningdale Rd. E.

www.london.ca/recreation/communitycentres

MEDWAY COMMUNITY CENTRE

NW

519-661-4947

119 Sherwood Forest Square

www.london.ca/recreation/communitycentres

SOUTH LONDON COMMUNITY CENTRE

SW

519-686-8600

1119 Jalna Blvd.

www.london.ca/recreation/communitycentres

STRONACH COMMUNITY CENTRE

NE

519-661-5673

1221 Sandford St.

www.london.ca/recreation/communitycentres

NORTHWEST LONDON COMMUNITY RESOURCE CENTRE

NW

519-471-8444

27A-1225 Wonderland Rd. N.

www.nwlr.ca info@nwlr.ca

SPRINGBANK GARDENS COMMUNITY CENTRE

CW

519-661-2489

205 Wonderland Rd. S.

www.london.ca/recreation/communitycentres

GENERAL LINE TO THE CITY OF LONDON

519-661-2489

recreation@london.ca

Cultural Centres

CERCLE DES COPAINS DE LONDON NE

519-645-0191
ou 519-472-8897
 920, rue Huron.
www.cclondon.on.ca

GERMAN CANADIAN CLUB CW

519-433-2901
 1 Cove Rd.
www.germancanadianclublondon.com

LONDON CROSS CULTURAL LEARNERS CENTRE CE

519-432-1133
 505 Dundas St.
www.lcclc.org

N'AMERIND (LONDON) FRIENDSHIP CENTRE CE

519-672-0131
 260 Colborne St.
www.namerind.on.ca

OUR LADY OF CZESTCHOWA CW

519-672-0088
 419 Hill St.

SOUTH LONDON NEIGHBORHOOD RESOURCE CENTRE SW

519-452-2660 ext. 69974
 1119 Jalna Blvd.
www.slnrc.org

CHRIST THE KING UKRAINIAN CATHOLIC CHURCH SE

519-434-6593
 707 Nelson St.
www.ctkucc.ca

GREEK ORTHODOX COMMUNITY SW

519-438-7951
 133 Southdale Rd. E.
www.londongreekcommunity.com/get-involved/senior-programs

LUSO COMMUNITY SERVICES CE

519-452-1466
 1193 Oxford St. E. Unit 2
www.lusocentre.org

PORTUGUESE CLUB OF LONDON SE

519-453-4330
 134 Falcon St.
www.portuguesecluboflondon.com

SERBIAN CULTURAL CENTRE SW

519-652-2771
 5567 Wonderland Rd. S.
www.svetisavalondon.com

CHINESE CANADIAN NATIONAL COUNCIL - LONDON CHAPTER SE

519-451-0760
 1701 Trafalgar St.
www.londonccnc.ca
info@londonccnc.ca

LAMBETH UNITED CHURCH SW

519-652-2093
 4268 Colonel Talbot Rd
www.lambethunitedchurch.ca

LONDON MUSLIM MOSQUE NW

519-439-9451
 151 Oxford St W
www.londonmosque.com

Day Programs

DUTCH CANADIAN CLUB CE

519-455-7170
 1738 Gore Rd.
 Message on Facebook: Dutch Canadian Society of London and District

LONDON INTERCOMMUNITY HEALTH CENTRE CE

519-660-0874 659 Dundas St.
519-659-6399 1355 Huron St #7
www.lihc.on.ca

LONDON JEWISH COMMUNITY CENTRE NE

519-673-3310
 536 Huron St.
www.jewishlondon.ca

MCCORMICK DEMENTIA CARE SERVICES NW

519-439-9336
 2022 Kains Rd.
www.mccormickcaregroup.ca

DEARNESS SERVICES - DAY PROGRAM SE

519-661-0400
 710 Southdale Rd. E.
www.london.ca/seniors/dearness

SALVATION ARMY ADULT DAY PROGRAM CE

519-455-5177
 1340 Dundas St. E.
www.salvationarmyvillage.ca

Education/Personal Interest Courses

CENTRE FOR LIFELONG LEARNING

CE

519-659-1224

1230 King St.

www.cfl.on.ca

LONDON PUBLIC LIBRARY

ALL

519-661-4600

www.lpl.ca

THIRD AGE OUTREACH PROGRAM

CW

519-661-1621

St. Joseph's Health Care London,
78 Riverside Dr.

www.thirdageoutreach.ca

COLLEGE BOREAL

CW

519-451-5194

Citi Plaza 355 Wellington St.
Suite 279

www.collegeboreal.ca

ROADSCHOLAR

ALL

(FORMERLY ELDERHOSTEL)

1-800-454-5768

www.roadscholar.org

THAMES VALLEY DISTRICT SCHOOL BOARD

CE

(Wheable Adult Education Centre)

519-452-2660

70 Jacqueline St.

www.tvdsb.on.ca

CITY OF LONDON SPECTRUM PROGRAMS

ALL

519-661-5575

www.london.ca/spectrum

SOCIETY FOR LEARNING IN RETIREMENT

NW

519-438-3525

Grosvenor Lodge,
1017 Western Rd.

www.slrlondon.ca

WESTERN CENTRE FOR CONTINUING STUDIES

CW

519-661-3658

355 Wellington St.

www.uwo.ca/cstudies

FANSHAWE COLLEGE

NE

519-452-4430

1460 Oxford St. E Rm. A1037

www.fanshawec.ca

Health Centres

CENTRE OF HOPE FAMILY HEALTH TEAM

CW

519-645-2348

www.centreofhope.ca

LONDON INTERCOMMUNITY HEALTH CENTRE

CE

519-660-0874

659 Dundas St.

www.lihc.on.ca

LONDON INTERCOMMUNITY HEALTH CENTRE

NE

519-659-6399

1355 Huron St.

www.lihc.on.ca

VON COMMUNITY SUPPORT PROGRAMS

ALL

519-659-2273

200-1151 Florence St.

www.vonmiddlesexelgin.com

Fitness & Physical Activity

BOB HAYWARD YMCA

519-451-2395
1050 Hamilton Rd.
www.ymcawo.ca

CENTRE BRANCH YMCA

519-667-3300
382 Waterloo St.
www.ymcawo.ca/cby

ELMWOOD LAWN BOWLING

519-438-5695
17 1/2 Edward St.
www.elmwoodclub.ca

CANADIAN CENTRE FOR ACTIVITY AND AGING

519-661-1603
1490 Richmond St.
www.uwo.ca/actage

CHELSEY PARK COMMUNITY HEALTH CLUB

519-432-8504
312 Oxford St.
www.chelseypark.com

HORTON ST. SENIORS CENTRE

519-434-9114
184 Horton St. E.
www.bgclondon.ca/seniorsprograms

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE

519-661-2523
656 Elizabeth St.
www.london.ca/recreation/communitycentres

FUN PICKLEBALL

226-977-0998
1308 Norman Ave
www.facebook.com/funpickleball
fun.pickleball.london@gmail.com

HUFF N' PUFF SENIORS FITNESS ASSOCIATION

519-661-5854
1345 Cheapside St.
www.huffnpuffsa.com

Fitness & Physical Activity

HUTTON HOUSE FITNESS CENTRE

519-472-1541
654 Wonderland Rd. N.
www.huttonhouse.com

SOUTHWEST COMMUNITY CENTRE AND YMCA

Coming soon
501 Southdale Rd. W
swcc@london.ca
www.ymcawo.ca

THISTLE LAWN BOWLING CLUB

519-438-1936
25 Beaufort St.
thistlawnbowling@gmail.com
www.thistlawnbowling.com

PARKWOOD FITNESS CENTRE

519-685-4000 ext. 41734
550 Wellington Rd.
www.sjhc.london.on.ca/parkwoodfitnesscentre

STONE CREEK YMCA

519-667-4400
920 Sunningdale Rd. E.
www.ymcawo.ca

VON SMART PROGRAMS

519-659-2273
200-1151 Florence St.
www.vonmiddlesexelgin.com

PHYSICAL MAINTENANCE PROGRAM, PARKWOOD HOSPITAL


















519-685-4046
550 Wellington Rd.
www.sjhc.london.on.ca/specializedgeriatrics

The City of London offers many fitness and physical activity programs through their senior centres, community centres, satellite programs and Spectrum programs.

For more information:
[519-661-\(CITY\)2489](tel:519-661-(CITY)2489) | www.london.ca


London Public Library

www.lpl.ca

CENTRAL LIBRARY  519-661-4600 251 Dundas St.	CARSON LIBRARY  519-438-4287 465 Quebec St.	EAST LONDON LIBRARY  519-451-7600 2016 Dundas St. E.	LAMBETH LIBRARY  519-652-2951 7112 Beattie St.	POND MILLS LIBRARY  519-685-1333 1166 Commissioners Rd. E.	WESTMOUNT LIBRARY  Coming soon 501 Southdale Rd. W
BEACOCK LIBRARY  519-451-8140 1280 Huron St.	CHERRYHILL LIBRARY  519-439-6456 301 Oxford St. W.	GLANWORTH LIBRARY  519-681-6797 2950 Glanworth Dr.	LANDON LIBRARY  519-439-6240 167 Wortley Rd.	SHERWOOD LIBRARY  519-473-9965 1225 Wonderland Rd. N.	WESTMOUNT LIBRARY TEMPORARY LOCATION Until Fall 2018 - Limited Services Westmount Shopping Centre 785 Wonderland Rd. S.
BYRON LIBRARY  519-471-4000 1295 Commissioners Rd. W.	CROUCH LIBRARY  519-673-0111 550 Hamilton Rd.	JALNA LIBRARY  519-685-6465 1119 Jalna Blvd.	MASONVILLE LIBRARY  519-660-4646 30 North Centre Rd.	STONEY CREEK LIBRARY  519-930-2065 920 Sunningdale Rd. E.	VISITING LIBRARY SERVICE  519-661-6444

Miscellaneous

CANADIAN CORPS 
519-455-7530
 1051 Dundas St. E.
www.facebook.com/canadiancorps

HUTTON HOUSE 
519-472-6381
 654 Wonderland Rd. N.
www.huttonhouse.com

LONDON/FANSHAWE HORTICULTURAL SOCIETY 
 1593 Adelaide St.N.
www.gardenontario.org/site.php/fanshawe/contacts


COMMUNITY LIVING LONDON 
519-686-3000
 190 Adelaide St. S.
www.cll.on.ca

KIWANIS CLUB MIDDLESEX LONDON 
www.middlesexkiwanis.org

LONDON HORTICULTURAL SOCIETY 
519-652-3409
 625 Springbank Drive
www.gardenontario.org

ELMWOOD AVENUE PRESBYTERIAN CHURCH 
519-438-3492
 111 Elmwood Ave. E.
www.elmwoodchurch.ca

KIWANIS CLUB FOREST CITY-LONDON 
www.forestcitykiwanis.ca

LONDON SENIOR GAMES 
519-686-9926
www.londonseniorgames.com

FOREVER GREEN SENIORS DROP-IN 
 West London Alliance Church
519-471-8716
 750 Wonderland Rd. N.
www.wlachurch.org/calendar

LAMBETH HORTICULTURAL SOCIETY 
519-472-0363
 4268 Colonel Talbot Rd.
www.lambethhort.com

NEWCOMERS CLUB 
519-641-5777
www.londonnewcomersclub.com


RETIREMENT RESEARCH ASSOCIATION - WALKING PROGRAM AT WESTERN 
519-439-9764
rralondon3@gmail.com

ROYAL CANADIAN LEGION - VICTORY BRANCH #317 
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www.victorylegion.ca

THE GARDEN CLUB OF LONDON 
 Civic Garden Complex
519-471 6200
 625 Springbank Dr.
www.gardencluboflondon.ca


ROYAL CANADIAN LEGION - BYRON/SPRINGBANK BRANCH 
519-472-3300
 1276 Commissioners Rd. W.
www.rclbr533.ca
info@rclbr533.ca


TAOIST TAI CHI SOCIETY 
519-675-0577
 456 Southdale Rd. E.
www.ttcslondon.ca

THAMES VALLEY TRAIL ASSOCIATION 
 c/o Grosvenor Lodge,
 1017 Western Rd.
www.tvta.ca


ROYAL CANADIAN LEGION- LAMBETH BRANCH #501 
519-652-3412
 7097 Kilbourne Rd
www.branch501lambethlegion.ca

THE PROBUS CLUB OF LONDON SOUTH
 34 Westbrook Cres RR#5
southlondonprobus@gmail.com
www.probus.org/17londonsth

THIRD AGE OUTREACH PROGRAM 
519-661-1621
 St. Joseph's Health Care
 London, 78 Riverside Dr.
www.thirdageoutreach.ca

ROYAL LONDON MILITARY INSTITUTE 
519-474-2194
 HMCS Prevost, 19 Becher St
rmi@rogers.com
www.rmi.com

THE PROBUS CLUB OF LONDON NORTH 
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probusnorthlondon@gmail.com
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- To identify and overcome barriers to their leisure

For more information or to register please contact:

Third Age Outreach
of St. Joseph's Health
Care London

Contact
519.661.1621
or 519.661.1620
www.thirdageoutreach.ca

Location
Kiwani's Seniors Community Centre
78 Riverside Drive London, Ontario
N6H 1B4

Pour obtenir de plus amples renseignements sur les programmes et les services s'adressant aux aînés, veuillez visiter notre site Web à l'adresse :

Aby dowiedzic sie wiecej o programach i uslugach dla seniorow odwiedź nasza strone:

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For more information or to provide updates please contact:

Bev Farrell

c/o Third Age Outreach

of St. Joseph's Health Care London

Contact

519.661.1620

www.thirdageoutreach.ca

Beverly.farrell@sjhc.london.on.ca

Location

Kiwanis Seniors Community Centre

78 Riverside Drive London, Ontario

N6H 1B4