

# Programs For Seniors

## Seniors Lunch A Month

The last **MONDAY** of each month

11:00 am – 12:45 am



Are you 65 years or older? Would you like to get out and socialize with others? Join us for soup and sandwiches, fun and conversation. Rides may be available upon request.

For more information call Debbie or Vivian at **622-8235**

## Seniors Community Kitchen

Every 2<sup>nd</sup> Thursday of the month

10:00 am – 1:30 pm



How would you like to get together and cook with friends? Join our 60 plus community kitchen and cook with a group of 4 friends, share recipes, cooking tips and laughter. Take home what you make! For more information call Debbie at **622-8235**

## “Grey Hares” Fitness Program

Thursdays from 12:30 – 1:30 pm at

Rainbow Room – Ogden Community Centre



Grey Hares is a 60 plus fitness program for ALL fitness levels. Join us for low impact exercise to improve balance, coordination and flexibility while boosting your energy! This program is **FREE** and open to all participants. For more information call Debbie at **622-8235**

## Hearing Screening Clinic

October 9<sup>th</sup>, 2009



Are you concerned about your hearing? Ulla Fisher, Audiologist with St Joseph’s Care Group offers **FREE** on-site hearing screening at our centre. Seniors, children and adults may book an appointment to check for hearing loss. Visits are made by appointment only. Please call **622-8235** to book your appointment.

## Living with Diabetes

Join our Dietician and Nurse Practitioner to learn more about living well and managing your diabetes. Blood pressure and blood sugar checks are available. For more information call Jonelle at **622-8235**.

September 17<sup>th</sup>- “The nuts & bolts of diabetes” & “The Carbohydrate Connection”  
October 15<sup>th</sup>- “Food for Thought”

November 19<sup>th</sup>- “How sweet are you?” & “Pass on the salt”

December 10<sup>th</sup>- “Hustle & Bustle of the Holidays”

## Breast Screening Van

November 17, 2009

Make your breast health a priority. If you are 50 years or older, doctors recommend a mammogram every 2 years. For an appointment call 1-800-461-7031 to schedule an appointment.

## Foot Care

Our foot care nurse and Chiropodist David Smith provide nail and foot care. Call reception to make an appointment or to get on a wait list at 622-8235

All Programs are **FREE** of charge!!!



Thunder Bay Site – 525 Simpson St  
622-8235