

Programs For Seniors

Seniors Lunch A Month

The last **MONDAY** of each month

11:00 a.m. - 12:45 p. m.

Are you **65 years of age 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 at **622-8235 ext 2285**

Seniors Community Kitchen

Every **2nd Thursday** of the month

10:00a.m. – 1:30 p.m.

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 622-8235 ext. 2285

Hearing Screening Clinic

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

Living With Diabetes Series

Winter 2010

January 21, February 11, March 18

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

Taking Control of your Diabetes

Come and join us for a six week program to help you learn to live a healthy life with Diabetes. The program is beginning on Thursday, February 11th at 6:00 p.m. to 8:00 p.m.. Please call Jonelle at 622-8235 ext 2226 to register.

All programs are FREE of charge!

Breast Screening Van

Make your breast health a priority. If you are 50 years of age or older, doctors recommend a mammogram every 2 years. For an appointment call **343-1690**

“Free” Income Tax Service March and April

Individuals on a fixed income may call to book an appointment for ‘free’ *Income Tax services*. A Trained Revenue Canada Volunteer will be on site weekly during the months of March and April

For more information call Debbie at 622-8235 ext. 2285.

“Grey Hares” Fitness Program

Thursday, 12: 30 – 1:30 p.m.

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 ext. 2285**.

60+ Dental Clinic

April, 9:30 a.m. – 12:30 p.m.

NorWest Community Health Centres, together with Confederation College Oral Hygiene Program will offer a ‘free’ **dental clinic** performed by dental hygiene students. Denture Cleanings, Denture ID, Oral health instruction and health teachings will be offered. For more information call Debbie at **622-8235 ext 2285**.

Foot Care

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



COMMUNITY HEALTH CENTRES
CENTRES DE SANTÉ COMMUNAUTAIRE

Thunder Bay Site-525 Simpson St
622-8235

