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
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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

- NE North East
- NW North West
- SE South East
- SW South West
- CE Central East
- CW Central West
- ALL All Areas
## Aquatic Programs

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
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<tbody>
<tr>
<td>Berkshire Club</td>
<td>519-471-4590</td>
<td>500 Berkshire Dr.</td>
<td><a href="http://www.sifton.com/residential/berkshireclub">www.sifton.com/residential/berkshireclub</a></td>
</tr>
<tr>
<td>Centre Branch YMCA</td>
<td>519-667-3300</td>
<td>382 Waterloo St.</td>
<td><a href="http://www.ymcawo.ca/centre">www.ymcawo.ca/centre</a></td>
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<tr>
<td>South London Community Pool</td>
<td>519-661-0920</td>
<td>585 Bradley Ave.</td>
<td><a href="http://www.london.ca/recreation/aquatics">www.london.ca/recreation/aquatics</a></td>
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<tr>
<td>Bob Hayward YMCA</td>
<td>519-451-2395</td>
<td>1050 Hamilton Rd.</td>
<td><a href="http://www.ymcawo.ca/bob-hayward">www.ymcawo.ca/bob-hayward</a></td>
</tr>
<tr>
<td>Canada Games Aquatic Centre</td>
<td>519-661-4455</td>
<td>1045 Wonderland Rd.</td>
<td><a href="http://www.london.ca/recreation/aquatics">www.london.ca/recreation/aquatics</a></td>
</tr>
<tr>
<td>Chelsey Park Health Club</td>
<td>519-432-8504</td>
<td>312 Oxford St. W</td>
<td><a href="http://www.chelseypark.com">www.chelseypark.com</a></td>
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<tr>
<td>Stoney Creek YMCA</td>
<td>519-667-4400</td>
<td>920 Sunningdale Rd. E.</td>
<td><a href="http://www.ymcawo.ca/stoney-creek">www.ymcawo.ca/stoney-creek</a></td>
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<tr>
<td>Forest Edge Community Pool</td>
<td></td>
<td>427 Village Green Ave.</td>
<td><a href="http://www.forestedgepool.ca">www.forestedgepool.ca</a></td>
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<tr>
<td>Woodcrest Pool</td>
<td></td>
<td>695 Village Green Ave.</td>
<td><a href="mailto:woodcrestpool@gmail.com">woodcrestpool@gmail.com</a></td>
</tr>
<tr>
<td>BOB Hayward YMCA</td>
<td></td>
<td></td>
<td><a href="http://www.ymcawo.ca/bob-hayward">www.ymcawo.ca/bob-hayward</a></td>
</tr>
<tr>
<td>CANADA GAMES AQUATIC CENTRE</td>
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<td></td>
<td><a href="http://www.london.ca/recreation/aquatics">www.london.ca/recreation/aquatics</a></td>
</tr>
<tr>
<td>Horton St. Seniors Centre</td>
<td>519-434-9114</td>
<td>184 Horton St.</td>
<td><a href="http://www.bgclondon.ca/seniorsprograms">www.bgclondon.ca/seniorsprograms</a></td>
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## Outdoor Pools

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
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<tbody>
<tr>
<td>Byron Pool</td>
<td>519-661-4405</td>
<td>1308 Norman Ave.</td>
<td></td>
</tr>
<tr>
<td>Northridge Pool</td>
<td>519-661-4455</td>
<td>15 McLean Dr.</td>
<td></td>
</tr>
<tr>
<td>Stronach Pool</td>
<td>519-661-4426</td>
<td>1221 Sandford Dr.</td>
<td></td>
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<tr>
<td>Glen Cairn Pool</td>
<td>519-661-4420</td>
<td>370 Chippendale Ave.</td>
<td></td>
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<tr>
<td>Oakridge Pool</td>
<td>519-661-4424</td>
<td>825 Valetta St.</td>
<td></td>
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<tr>
<td>Thames Pool</td>
<td>519-661-4417</td>
<td>15 Ridout St. S</td>
<td></td>
</tr>
<tr>
<td>Gibbons Pool</td>
<td>519-661-4407</td>
<td>2 Grosvenor St.</td>
<td></td>
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<tr>
<td>Silverwood Community Pool</td>
<td>519-661-4413</td>
<td>36 Sycamore St.</td>
<td></td>
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<tr>
<td>Westminster Pool</td>
<td>519-661-4418</td>
<td>650 Cogswode Dr.</td>
<td></td>
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<tr>
<td>Northeast Pool</td>
<td>519-661-4409</td>
<td>1050 Victoria Dr.</td>
<td></td>
</tr>
<tr>
<td>Southcrest Pool</td>
<td>519-661-4415</td>
<td>Hazelwood Ave.</td>
<td></td>
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</table>
Seniors’ Centres & Satellites

ARGYLE SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
The Argyle Club
205 Argyle St.
www.london.ca/seniors

BERKSHIRE SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
The Berkshire Club
500 Berkshire Dr.
www.london.ca/seniors

BEACOCK SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
Beacock Library
1280 Huron St.
www.london.ca/seniors

BOYLE SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
Boyle Memorial Community Centre, 530 Charlotte St.
www.london.ca/seniors

CHALMERS SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
342 Pond Mills Rd.
www.london.ca/seniors

HAMILTON ROAD SENIORS CENTRE
519-661-5758
525 Hamilton Rd.
www.london.ca/seniors

KIWANIS SENIORS COMMUNITY CENTRE
519-661-5740
78 Riverside Dr.
www.london.ca/seniors

HORTON STREET SENIORS CENTRE
519-434-9114
184 Horton St.
www.bgld.org/seniors

WESMINSTER SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
Westminster Park Church, 1190 Southdale Rd. E.
www.london.ca/seniors

SENIORS’ GATHERING PLACE
Drop in Tuesdays 9am-12pm
Covent Garden Market
2nd Floor. 130 King St.
central@london.ca

TRINITY SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
Trinity Church
76 Doulton St.
www.london.ca/seniors

Westminster Park Church, 1190 Southdale Rd. E.
www.london.ca/seniors

CHALMERS SENIORS’ SATELLITE - CITY OF LONDON
519-661-2489 ext. 5769
342 Pond Mills Rd.
www.london.ca/seniors

Support Groups

ALZHEIMER SOCIETY LONDON MIDDLESEX
519-680-2404
435 Windermere Rd.
www.alzheimerlondon.ca

HUNTINGTON SOCIETY OF CANADA
519-660-0670
Meetings at Parkwood Institute
550 Wellington Rd.
www.huntingtonsociety.ca

ARTHRITIS SOCIETY
519-433-2191
204-400 York St.
www.arthritis.ca

LONDON AND DISTRICT STROKE RECOVERY ASSOCIATION
1-800-263-3463 ext 7763
www.marchofdimes.ca

BRITISH COLUMBIA PROVINCIAL SOCIETY FOR THE DISABLED
1-877-227-7735
www.bcpdisability.com

LONDON AND DISTRICT STROKE RECOVERY ASSOCIATION
1-800-263-3463 ext 7763
www.marchofdimes.ca

MCCORMICK CARE GROUP DEMENTIA SERVICES
519-439-9336
2022 Kains Rd.
www.mccormickcaregroup.ca

MULTIPLE SCLEROSIS SOCIETY - SOUTHWESTERN ONTARIO
519-438-7379
YMCA of Western Ontario (Centre Branch)
382 Waterloo St.
www.multiple-sclerosis.org

PARKINSON SOCIETY SOUTH WESTERN ONTARIO
519-652-9437
4500 Blakie Rd. Unit 117
www.parkinsonsociety.ca

NEUROLOGICAL DISORDERS ASSOCIATION OF ONTARIO
519-438-7379
YMCA of Western Ontario (Centre Branch)
382 Waterloo St.
www.ndaon.ca

HUNTINGTON SOCIETY OF CANADA
519-660-0670
Meetings at Parkwood Institute
550 Wellington Rd.
www.huntingtonsociety.ca

MCCORMICK CARE GROUP DEMENTIA SERVICES
519-439-9336
2022 Kains Rd.
www.mccormickcaregroup.ca

WELLSPRING LONDON AND REGION CANCER SUPPORT CENTRE
519-438-7379
YMCA of Western Ontario (Centre Branch)
382 Waterloo St.
www.wellspringlondon.ca

WELLSPRING LONDON AND REGION CANCER SUPPORT CENTRE
519-438-7379
YMCA of Western Ontario (Centre Branch)
382 Waterloo St.
www.wellspringlondon.ca

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

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

“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

STEPING OUT SAFELY  
First Saturday in October  
Kiwanis Seniors Community Centre  
78 Riverside Dr.  
519-661-1620
Arts & Culture Programs

2 HANDS CLAY
519-434-8810
christine@2hands.ca
www.2hands.ca

EL SISTEMA AEOILIAN ADULT ORCHESTRA
519-672-7950
795 Dundas St. E.
aolianhall.ca
info@aolianhall.ca

JJ CERAMICS
519-438-7913
452 Horton St E
www.jjcermics.ca

MUSEUM OF ONTARIO ARCHAEOLOGY
519-473-1360
1600 Attawandaron Rd.
www.archaeologymuseum.ca

BANTING HOUSE NATIONAL HISTORIC SITE OF CANADA
519-673-1752
442 Adelaide St. N.
www.diabetes.ca/about-cda/banting-house

ARTS & CULTURE PROGRAMS

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

JONATHAN BANCROFT-SNELL GALLERY
519-434-5443
258 Dundas St.
www.jonathons.ca

THE SECRETS OF RADAR MUSEUM
2155 Crumlin Side Rd.
519-691-5922
www.secretsofradar.com

CROCK A DOODLE
519-473-9090
671 Wonderland Rd N
crockadoodle.com

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

THE ARTS PROJECT
519-642-2767
203 Dundas St.
www.artsproject.ca

CROCK A DOODLE
519-473-9090
671 Wonderland Rd N
crockadoodle.com

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

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

LONDON DISTRICT WEAVERS AND SPINNERS
519-659-6440
www.ldsw.ca

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

ELDOS HOUSE

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

JONATHAN BANCROFT-SNELL GALLERY
519-434-5443
258 Dundas St.
www.jonathons.ca

THE SECRETS OF RADAR MUSEUM
2155 Crumlin Side Rd.
519-691-5922
www.secretsofradar.com

CROCK A DOODLE
519-473-9090
671 Wonderland Rd N
crockadoodle.com

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

THE ARTS PROJECT
519-642-2767
203 Dundas St.
www.artsproject.ca

CROCK A DOODLE
519-473-9090
671 Wonderland Rd N
crockadoodle.com

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

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

LONDON DISTRICT WEAVERS AND SPINNERS
519-659-6440
www.ldsw.ca
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<tr>
<th>Community Centres</th>
<th>NORTHWEST LONDON COMMUNITY RESOURCE CENTRE</th>
<th>NORTH LONDON OPTIMIST COMMUNITY CENTRE</th>
<th>SOUTH LONDON COMMUNITY CENTRE</th>
<th>STONEY CREEK COMMUNITY CENTRE</th>
<th>STRONACH COMMUNITY CENTRE</th>
<th>GENERAL LINE TO THE CITY OF LONDON</th>
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<tr>
<td>ARGYLE ARENA</td>
<td>519-661-4781 1948 Wavell St.</td>
<td>519-652-4071 7112 Beattie St. W.</td>
<td>519-661-5202 1345 Cheapside St.</td>
<td>519-667-4400 YMCA &amp; LIBRARY 920 Sunningdale Rd. E.</td>
<td>519-661-5673 1221 Sandford St.</td>
<td>519-661-2489</td>
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<tr>
<td>ARGYLE COMMUNITY RESOURCE CENTRE</td>
<td>519-457-7659 2016 Dundas St. E</td>
<td>ARGYLE OPTIMIST COMMUNITY CENTRE</td>
<td>519-661-2523 1308 Norman Ave.</td>
<td>ARGYLE ARENA</td>
<td>ARGYLE COMMUNITY RESOURCE CENTRE</td>
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<tr>
<td>CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE</td>
<td>519-661-2523 656 Elizabeth St.</td>
<td>CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE</td>
<td>519-661-4427 530 Charlotte St.</td>
<td>CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE</td>
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<tr>
<td>EARL NICHOLS RECREATION CENTRE</td>
<td>519-661-4485 799 Homeview Rd.</td>
<td>EARL NICHOLS RECREATION CENTRE</td>
<td>519-661-4427 530 Charlotte St.</td>
<td>EARL NICHOLS RECREATION CENTRE</td>
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<td>GLEN CAIRN COMMUNITY RESOURCE CENTRE</td>
<td>519-668-2745 244 Adelaide St. South</td>
<td>GLEN CAIRN COMMUNITY RESOURCE CENTRE</td>
<td>519-661-4427 530 Charlotte St.</td>
<td>GLEN CAIRN COMMUNITY RESOURCE CENTRE</td>
<td>GLEN CAIRN COMMUNITY RESOURCE CENTRE</td>
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<tr>
<td>MEDWAY COMMUNITY CENTRE</td>
<td>519-661-4947 119 Sherwood Forest Square</td>
<td>MEDWAY COMMUNITY CENTRE</td>
<td>519-661-4427 530 Charlotte St.</td>
<td>MEDWAY COMMUNITY CENTRE</td>
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<tr>
<td>NORTH LONDON OPTIMIST COMMUNITY CENTRE</td>
<td>519-661-2489 205 Wonderland Rd. S.</td>
<td>NORTH LONDON OPTIMIST COMMUNITY CENTRE</td>
<td>519-661-4427 530 Charlotte St.</td>
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<td>NORTH LONDON OPTIMIST COMMUNITY CENTRE</td>
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<td>519-661-4427 530 Charlotte St.</td>
<td>NORTH LONDON OPTIMIST COMMUNITY CENTRE</td>
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<td>SOUTH LONDON COMMUNITY CENTRE</td>
<td>519-661-5202 1345 Cheapside St.</td>
<td>SOUTH LONDON COMMUNITY CENTRE</td>
<td>519-661-4427 530 Charlotte St.</td>
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<td>STRONECH COMMUNITY CENTRE</td>
<td>519-661-5673 1221 Sandford St.</td>
<td>STRONECH COMMUNITY CENTRE</td>
<td>519-661-4427 530 Charlotte St.</td>
<td>STRONECH COMMUNITY CENTRE</td>
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<td>GENERAL LINE TO THE CITY OF LONDON</td>
<td>519-661-2489</td>
<td>GENERAL LINE TO THE CITY OF LONDON</td>
<td>519-661-4427 530 Charlotte St.</td>
<td>GENERAL LINE TO THE CITY OF LONDON</td>
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**Cultural Centres**

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<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
<th>Website</th>
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<tr>
<td>Cercle Des Copains de London</td>
<td>519-645-0191</td>
<td>920, rue Huron.</td>
<td><a href="http://www.ccrlondon.on.ca">www.ccrlondon.on.ca</a></td>
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<tr>
<td>Christ the King Ukrainian Catholic Church</td>
<td>519-432-1133</td>
<td>505 Dundas St.</td>
<td><a href="http://www.ctkucc.ca">www.ctkucc.ca</a></td>
</tr>
<tr>
<td>London Cross Cultural Learners Centre</td>
<td>519-432-2901</td>
<td>1 Cove Rd.</td>
<td><a href="http://www.londoncrossccn.ca">www.londoncrossccn.ca</a></td>
</tr>
<tr>
<td>Luso Community Services</td>
<td>519-438-7951</td>
<td>133 Southdale Rd. E.</td>
<td><a href="http://www.lusocentre.org">www.lusocentre.org</a></td>
</tr>
<tr>
<td>Greek Orthodox Community</td>
<td>519-451-0760</td>
<td>1 Cove Rd.</td>
<td><a href="http://www.greekorthodoxlondon.ca">www.greekorthodoxlondon.ca</a></td>
</tr>
<tr>
<td>Lambeth United Church</td>
<td>519-465-2771</td>
<td>260 Colborne St.</td>
<td><a href="http://www.svetisavalondon.com">www.svetisavalondon.com</a></td>
</tr>
<tr>
<td>Lusocentre</td>
<td>519-452-1466</td>
<td>1193 Oxford St. E. Unit 2</td>
<td><a href="http://www.lusocentre.org">www.lusocentre.org</a></td>
</tr>
<tr>
<td>London Muslim Mosque</td>
<td>519-652-2771</td>
<td>5567 Wonderland Rd. S.</td>
<td><a href="http://www.svetisavalondon.com">www.svetisavalondon.com</a></td>
</tr>
<tr>
<td>London Jewish Community Centre</td>
<td>519-652-2093</td>
<td>151 Oxford St W</td>
<td><a href="http://www.londonmosque.com">www.londonmosque.com</a></td>
</tr>
<tr>
<td>London Muslim Mosque</td>
<td>519-652-2771</td>
<td>5567 Wonderland Rd. S.</td>
<td><a href="http://www.svetisavalondon.com">www.svetisavalondon.com</a></td>
</tr>
<tr>
<td>London Intercommunity Health Centre</td>
<td>519-660-0874</td>
<td>659 Dundas St.</td>
<td><a href="http://www.linhc.on.ca">www.linhc.on.ca</a></td>
</tr>
<tr>
<td>London Jewish Community Centre</td>
<td>519-672-0088</td>
<td>419 Hill St.</td>
<td><a href="http://www.londonmosque.com">www.londonmosque.com</a></td>
</tr>
</tbody>
</table>

**Day Programs**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>McCormick Dementia Care Services</td>
<td>519-439-9336</td>
<td>2022 Kains Rd.</td>
<td><a href="http://www.mccormickcaregroup.ca">www.mccormickcaregroup.ca</a></td>
</tr>
<tr>
<td>Dearness Services - Day Program</td>
<td>519-652-2771</td>
<td>5567 Wonderland Rd. S.</td>
<td><a href="http://www.svetisavalondon.com">www.svetisavalondon.com</a></td>
</tr>
<tr>
<td>Salvation Army Adult Day Program</td>
<td>519-455-5177</td>
<td>1340 Dundas St. E.</td>
<td><a href="http://www.salvationarmy.ca">www.salvationarmy.ca</a></td>
</tr>
<tr>
<td>Our Lady of Czestkowna</td>
<td>519-453-4330</td>
<td>134 Falcon St.</td>
<td><a href="http://www.ourladyofczestkowna.org">www.ourladyofczestkowna.org</a></td>
</tr>
<tr>
<td>South London Neighbourhood Resource Centre</td>
<td>519-452-2660</td>
<td>1119 Jalna Blvd.</td>
<td><a href="http://www.slnrc.org">www.slnrc.org</a></td>
</tr>
</tbody>
</table>

**Additional Information**

- Dutch Canadian Club: 519-455-7170
- Portuguese Club of London: 519-453-4330
- Greek Orthodox Community: 519-438-7951
- Chinese Canadian National Council - London Chapter: 519-451-0760
- Christ the King Ukrainian Catholic Church: 519-434-6593
- Lambeth United Church: 519-652-2093
- Lusocentre: 519-452-1466
- Greek Orthodox Community: 519-438-7951
- Lambeth United Church: 519-652-2093
- London Muslim Mosque: 519-652-2771
- London Jewish Community Centre: 519-673-3310
- Intercommunity Health Centre: 519-660-0874
- Dearness Services - Day Program: 519-661-0400
- Salvation Army Adult Day Program: 519-455-5177
- McCormick Dementia Care Services: 519-439-9336
- Our Lady of Czestkowna: 519-453-4330
- South London Neighbourhood Resource Centre: 519-452-2660
- Greek Orthodox Community: 519-438-7951
Education/Personal Interest Courses

- CENTRE FOR LIFELONG LEARNING
  519-659-1224
  1230 King St.
  www.cfll.on.ca

- COLLEGE BOREAL
  519-451-5194
  Citi Plaza 355 Wellington St. Suite 279
  www.collegeboreal.ca

- CITY OF LONDON SPECTRUM PROGRAMS
  519-661-5575
  www.london.ca/spectrum

- FANSHAWE COLLEGE
  519-452-4430
  1460 Oxford St. E Rm. A1037
  www.fanshawec.ca

- LONDON PUBLIC LIBRARY
  519-661-4600
  www.lpl.ca

- ROADSCHOLAR
  1-800-454-5768
  www.roadscholar.org

- SOCIETY FOR LEARNING IN RETIREMENT
  519-438-3525
  Grosvenor Lodge, 1017 Western Rd.
  www.slr.ca

- WESTERN CENTRE FOR CONTINUING STUDIES
  519-661-3658
  355 Wellington St.
  www.uwo.ca/cstudies

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

- THAMES VALLEY DISTRICT SCHOOL BOARD
  (Wheable Adult Education Centre)
  519-452-2660
  70 Jacqueline St.
  www.tvdsb.on.ca

Health Centres

- CENTRE OF HOPE FAMILY HEALTH TEAM
  519-645-2348
  www.chope.ca

- LONDON INTERCOMMUNITY HEALTH CENTRE
  519-660-0874
  659 Dundas St.
  www.lihc.on.ca

- LONDON INTERCOMMUNITY HEALTH CENTRE
  519-659-6399
  1355 Huron St.
  www.lihc.on.ca

- LONDON INTERCOMMUNITY HEALTH CENTRE
  519-660-0874
  659 Dundas St.
  www.lihc.on.ca

- VON COMMUNITY SUPPORT PROGRAMS
  519-659-2273
  200-1151 Florence St.
  www.vonmiddlesexelgin.com

- CENTRE OF HOPE FAMILY HEALTH TEAM
  519-645-2348
  www.chope.ca

- LONDON INTERCOMMUNITY HEALTH CENTRE
  519-660-0874
  659 Dundas St.
  www.lihc.on.ca

- LONDON INTERCOMMUNITY HEALTH CENTRE
  519-659-6399
  1355 Huron St.
  www.lihc.on.ca

- LONDON INTERCOMMUNITY HEALTH CENTRE
  519-660-0874
  659 Dundas St.
  www.lihc.on.ca

- VON COMMUNITY SUPPORT PROGRAMS
  519-659-2273
  200-1151 Florence St.
  www.vonmiddlesexelgin.com
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 | www.london.ca
**MISCELLANEOUS**

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

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

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

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

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

**KIWANIS CLUB MIDDLESEX LONDON**  
www.middlesexkiwanis.org

**KIWANIS CLUB FOREST CITY-LONDON**  
www.forestcitykiwanis.ca

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

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

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

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

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

**RETIREMENT RESEARCH ASSOCIATION - WALKING PROGRAM AT WESTERN**  
519-439-9764  
rslondon3@gmail.com

**ROYAL CANADIAN LEGION - VICTORY BRANCH #317**  
519-455-2331  
311 Oakland Ave.  
www.victorylegion.ca

**ROYAL CANADIAN LEGION - BYRON/SPRINGBANK BRANCH**  
519-472-3300  
1276 Commissioners Rd. W.  
www.br533.ca  
info@rclbr533.ca

**ROYAL LONDON MILITARY INSTITUTE**  
519-474-2194  
www.rlmi.com

**ROYAL LONDON MILITARY CLUB**  
519-675-0577  
456 Southdale Rd. E.  
www.ttcslondon.ca

**ROYAL LONDON MILITARY INSTITUTE - LAMBETH BRANCH #501**  
519-652-3412  
7097 Kilbourne Rd  
www.branch501lambethlegion.ca

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

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

**THE PROBUS CLUB OF LONDON SOUTH**  
probusnorthlondon@gmail.com  
www.probus.org/17northlondon

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

**THIRD AGE OUTREACH GOLF CLINICS - FOR PEOPLE WITH DISABILITIES**  
519-661-1620
Having a hard time finding fun, meaningful activities? Need to make some social connections? Then maybe you need to take a “LEAP” and learn something different!

Participants will have the opportunity to develop and learn:

- Leisure skills and confidence in their abilities
- Social connections
- Awareness about the benefits of a satisfying leisure lifestyle
- About leisure opportunities that are available in the community
- To identify and overcome barriers to their leisure activities

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.thirdeageoutreach.ca

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