

A Guide to Recreation and Leisure Resources for Seniors in London

Developed by:
SENIORS COMMUNITY ASSOCIATION
Recreation & Leisure Committee
May 2010

Notes

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

George Bernard Shaw



HAMILTON ROAD SENIORS CENTRE
525 Hamilton Rd.
Contact: Michelle Kerr
www.london.ca/d.aspx?s=/Community_Centres/hrsr.htm

519-661-5758

HORTON STREET SENIORS CENTRE
184 Horton St.
Contact: Kathy Kosatschenko
www.bgclondon.ca/seniorsPrograms.html

519-434-9114

Support Groups

ALZHEIMERS SOCIETY
<http://www.alzheimerlondon.ca/>

519-680-2404

ARTHRITIS SOCIETY
400 York St, Ste 204
<http://www.arthritis.ca/>

519-433-2191

HUNTINGTON SOCIETY OF CANADA
Meetings at Parkwood Hospital (801 Commissioners Rd. E)
www.huntingtonsociety.ca/english/index.asp

519-660-0670

**LONDON AND DISTRICT STROKE
RECOVERY ASSOCIATION**
www.marchofdimes.ca/dimes

519-457-6715

PARKINSON FOUNDATION OF CANADA
4500 Blakie Rd. Unit 117
www.parkinsonsociety.ca

519-652-9437

Introduction

This guide to recreation and leisure services available for older adults in London was developed by the Recreation and Leisure Committee of the 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 are inclusive, offer choice and are geared to seniors' interests, abilities, while maintaining and improving their mobility. Committee membership is voluntary and includes a broad range of seniors, interested citizens and service providers with a keen interest and understanding of the recreation needs of older adults and the current resources available.

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 Regan, Recreation & Leisure Chairperson

519-661-1620

Bev.regan@sjhc.london.on.ca

SENIORS COMMUNITY ASSOCIATION

78 Riverside Drive

(Kiwanis Seniors Community Centre)

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?

NEWCOMERS CLUB - ELAINE MARTENS

Various locations

www.londonnewcomersclub.com/index.html

PARKWOOD GOLF CLINICS

519-661-1620

ROYAL CANADIAN LEGION - DUCHESS OF KENT

519-438-6521

499 Hill St.

<http://www.duchessofkent.ca/>

ROYAL CANADIAN LEGION - VICTORY BRANCH

519-455-2230

311 Oakland Ave.

<http://rclvictorybranch317.com/>

ROYAL CANADIAN LEGION - BYRON BRANCH

519-472-3300

1276 Commissioners Rd. W

www.sympatico.ca/dotway.thompson/Home-Branch533.htm

THIRD AGE OUTREACH PROGRAM

519-661-1621

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

www.thirdageoutreach.ca

TAOIST TAI CHI SOCIETY

519-675-0577

456 Southdale Rd. E

www.ttcs london.ca

TRAFALGAR TERRACE RETIREMENT HOME

519-672-9000

96 Ridout St. S

www.trafalgarterrace.ca

Senior Centres

BERKSHIRE CLUB SENIORS' PROGRAM

519-471-4590

500 Berkshire Dr.

<http://www.sifton.com/ResidentialRentals/BerkshireClub/fitnessclub.html>

KIWANIS SENIORS COMMUNITY CENTRE

519- 661-5740

78 Riverside Dr.

Contact: Michelle Kerr

www.london.ca/d.aspx?s=/Community_Centres/kiwanis.htm

SHERWOOD LIBRARY 519-473-9965
1225 Wonderland Rd. N

WESTMOUNT LIBRARY 519-473-4708
3200 Wonderland Rd. N

HOME LIBRARY SERVICE 519-661-6444
www.londonpubliclibrary.ca/node/225

Miscellaneous

CHERRYHILL SENIORS ACTIVITY CLUB 519-679-9687
190 Cherryhill Cir, Mailbox D2

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

COUNCIL FOR LONDON SENIORS 519-433-0625
78 Riverside Dr.
Contact: Linda Bakker
www.councilforlondonseniors.com

GRAND WOOD PARK RETIREMENT RESIDENCE 519-432-1162
81 Grand Ave.
Contact: Tanis Siddique
www.grandwoodpark.ca

HUTTON HOUSE 519-472-6381
654 Wonderland Rd. N
Contact: Kristy Hoornic
www.huttonhouse.com

LONDON HORTICULTURAL SOCIETY 519-435-0680
364 Belfield St.
<http://lhs.starcs.ca/>

LONDON SENIOR GAMES 519-686-9926
www.londonseniorgames.com/us/us.htm

Aquatic Programs

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 519-661-2523
McMahon & Elizabeth (656 Elizabeth St.)
www.london.ca/d.aspx?s=/Community_Centres/chocc.htm

SOUTH LONDON COMMUNITY POOL 519-661-0920
585 Bradley Ave.
www.london.ca/d.aspx?s=/Sports_and_Recreation/slacindoor.htm

CANADA GAMES AQUATIC CENTRE 519-661-4455
1045 Wonderland Rd. N
www.london.ca/d.aspx?s=/Sports_and_Recreation/lacindoor.htm

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

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

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

ST. JOSEPH'S COMMUNITY HYDROTHERAPY PROGRAM 519-646-6000 ext 61099
268 Grosvenor St.

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

Church Social Clubs

Not a complete list - many churches have seniors programming that is open to all and people should contact their local churches to inquire

ELMWOOD SENIORS COMMUNITY CENTRE 519-438-3492
111 Elmwood Ave.
www.elmwoodchurch.ca/

FIFTY PLUS CLUB, BYRON COMMUNITY CHAPEL 519-434-3939
336 Glenrose Dr.
www.byroncommunitychurch.com/byroncommunitychurch/about.htm

OX-WELL ACTIVITY PROGRAM 519-432-3502
280 Oxford St. E
www.newstjames.com/

Community Centres

ARGYLE COMMUNITY RESOURCE CENTRE 519-457-7659
2016 Dundas St. E
http://www.argylecommunity.com/

BOYLE COMMUNITY CENTRE 519-680-2930
530 Charlotte St.
http://www.london.ca/d.aspx?s=/Community_Centres/default.htm

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 519-661-2523
650 Elizabeth St.
www.london.ca/d.aspx?s=/Community_Centres/chocc.htm

CROUCH NEIGHBOUHOOD RESOURCE CENTRE 519-642-7630
550 Hamilton Rd.
www.crouchonline.org/

EAST LONDON ARTISANS CENTRE 519-661-4431
1731 Churchill Ave.
http://www.artisanslondon.org

GLEN CAIRN COMMUNITY RESOURCE CENTRE 519-668-2745
150 King Edward Ave.
www.gccrc.ca

KINSMEN RECREATION CENTRE 519-661-5777
20 Glanville St.
www.london.ca/d.aspx?s=/Community_Centres/KinsmenRecCentre.htm

London Public Library

LONDON CENTRAL LIBRARY 519-661-4600
Citi Plaza Mall, 251 Dundas St.
www.londonpubliclibrary.ca/

BEACOCK LIBRARY 519-451-8140
1280 Huron St.

BYRON LIBRARY 519-471-4000
1295 Commissioners Ed. W

CARSON LIBRARY 519-438-4287
465 Quebec St.

CHERRYHILL LIBRARY 519-439-6456
301 Oxford St. W

CROUCH LIBRARY 519-673-0111
550 Hamilton Rd.

EAST LONDON LIBRARY 519-451-7600
2016 Dundas St. E

GLANWORTH LIBRARY 519-681-6797
2950 Glanworth Dr.

JALNA LIBRARY 519-685-6465
1119 Jalna Blvd.

LAMBETH LIBRARY 519-652-2951
7112 Beattie St.

LANDON LIBRARY 519-439-6240
167 Wortley Rd.

MASONVILLE LIBRARY 519-660-4646
30 North Centre Rd.

POND MILLS LIBRARY 519-685-1333
1166 Commissioners Rd. E

CHELSEY PARK COMMUNITY HEALTH CLUB 519-432-8504
312 Oxford St.
Contact: Sandi Hammond
www.chelseypark.com

HORTON STREET SENIORS COMMUNITY CENTRE 519-434-9114
184 Horton St. E
<http://www.bgclondon.ca/seniorsPrograms.html>

HUFF N' PUFF SENIORS FITNESS ASSOCIATION 519-661-5854
1345 Cheapside St.
www.huffnpuffsfa.com

**PHYSICAL MAINTENANCE PROGRAM,
PARKWOOD HOSPITAL** 519-685-4019
801 Commissioners Rd. E
Contact: Cheryl Miller
<http://www.sjhc.london.on.ca/parkwood/programs/sgs/services/index.php>

PARKWOOD FITNESS CENTRE 519-685-4292 EXT 42939
801 Commissioners Rd. E
<http://www.sjhc.london.on.ca/parkwood/programs/services/services.htm#FitnessCentre>

Health Centres

CENTRE OF HOPE FAMILY HEALTH TEAM 519-645-2348
<http://www.centreofhope.ca/>

CHERRYHILL HEALTHY AGEING PROGRAM 519-675-1094
Cherryhill Mall, 301 Oxford St. W.
Contact: Sarah Langford
www.vonmiddlesexelgin.com

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

**NORTHWEST LONDON COMMUNITY
RESOURCE CENTRE** 519-471-8444
1225 Wonderland Rd. N
www.nwlrc.ca/

NORTH LONDON OPTIMIST CENTRE 519-661-5198
1345 Cheapside St.
www.london.ca/d.aspx?s=/Community_Centres/nloncc.htm

SOUTH LONDON COMMUNITY CENTRE 519-686-8600
1119 Jalna Blvd.
www.london.ca/d.aspx?s=/Community_Centres/slondon.htm

STRONACH COMMUNITY CENTRE 519-661-2362
1221 Sandford St.
www.london.ca/d.aspx?s=/Community_Centres/Stronach.htm

Cultural Centres

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

LONDON JEWISH COMMUNITY CENTRE 519-673-3310
536 Huron St.

CERCLE DES COPAINS DE LONDON 519-472-8897 ou 519-645-0191
920, rue Huron, London, ON
www.cercledescopains.ca

DUTCH CANADIAN CLUB 519-455-7170
1738 Gore Rd.
www.dutchcanadiansociety.com

CHINESE CANADIAN NATIONAL COUNCIL 519-451-0760
1701 Trafalgar St.
www.londonccnc.ca/index.asp

KOREAN-CANADIAN SOCIETY 519-433-2799
224 William St.

LATVIAN SENIOR CITIZENS ASSOCIATION 519-649-0981
800 Nixon Ave.

LITHUANIAN SENIORS CLUB, LITHUANIAN CHURCH 519-652-6837
1414 Dundas St.

LONDON URBAN SERVICES ORGANIZATION 519-452-1466
1993 Oxford St. E Unit #2
www.lusocentre.org

LONDON CROSS CULTURAL LEARNERS CENTRE 519-432-1133
505 Dundas St.
www.lcclc.org

Day Programs

**ALZHEIMERS OUTREACH SERVICES
OF MCCORMICK HOME** 519-432-2648
2022 Kains Rd.
www.alzheimeroutreach.org

DEARNESS SERVICES - DAY PROGRAM 519-661-0400
710 Southdale Rd. E
www.london.ca/d.aspx?s=/Seniors/deariness.htm

EAST LONDON ADULT DAY PROGRAM 519-455-5177
1340 Dundas St. E
Contact: Nancy Johnston
http://thehealthline.ca/displayservice.aspx?id=2835

Education/Personal Interest Courses

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

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

EXPLORITAS (FORMERLY ELDERHOSTEL) 1-800-454-5768
http://www.exploritas.org/

FANSHAWE COLLEGE 519-452-4430
1460 Oxford St. E Rm. A1037
www.fanshawec.ca/EN/SecondCareer/secondcareer.asp

LONDON PUBLIC LIBRARY 519-661-4600
www.londonpubliclibrary.ca/

SOCIETY FOR LEARNING IN RETIREMENT 519-438-3525
1490 Richmond St., London
www.slrlondon.ca

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

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

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

Fitness Centres

BOB HAYWARD "Y" 519-667-3300
1050 Hamilton Rd.
www.ymcawo.ca/bhy.html

CANADIAN CENTRE FOR ACTIVITY AND AGING 519-661-1603
1490 Richmond St.
Contact: Clara Fitzgerald
www.uwo.ca/actage

CENTRE BRANCH Y 519-667-3300
382 Waterloo Rd.
www.ymcawo.ca/cby.html