SOUTH-EAST OTTAWA CENTRE
FOR A HEALTHY COMMUNITY

CENTRE DU SUD-EST D'OTTAWA
POUR UNE COMMUNAUTÉ EN SANTÉ

Fall Health Promotion Program for Seniors – 2008
Programme automnal de promotion de la santé pour les aîné(e)s – 2008

Registration is mandatory
Wednesday, September 3, 2008, 1:00 to 3:00 p.m.
1355 Bank St., 7th Floor (Russell Room)

VIACTIVE EXERCISES/*PROGRAMME D'EXERCICES VIACTIVE*

Get back into shape with fun, easy, enjoyable exercises that include chair exercises, strength exercises and dance movements.
Participez à des exercices sur chaise, des exercices de musculation et d'étirement ainsi que des pas de danse.

1670 Walkley Rd. (Lounge) *Monday & Friday 10:00-11:00 a.m.* *September 8 to December 19, 2008*	*Leaders* Nan Kaminska & Noweta Schultz
2080 Russell Rd. (lounge) Monday 1 :00-1 :30p.m. September 8 to December 8, 2008	*Leaders:* Gisèle Jeudi & Doreen Mc Kellar
2080 Russell Rd.(lounge) *Thursday 11h-11h30a.m.* *September 11 to December 11, 2008*	*Leaders:* Gisèle Jeudi & Doreen Mc Kellar
1909 Russell rd *Friday 10:00-10:30 a.m.* *September 12 to December 12, 2008*	*Leaders* Marie-Louise Antonin /Gisèle Jeudi
1355 Bank St 7th floor (community rooms) Monday & Thursday 1:00-2:00 p.m. September 4 to December 29, 2008	*Leader* Anna Di Pietro & Ruth Labayno

Tai-Chi

Enjoy the flexibility and ease of postures through gradual movements and easy breathing in a relaxed spiritual atmosphere.

1355 Bank St., 7th floor *Community Rooms* Wednesday 10:00-11:00 am Se A r *$30 suggested donation*	**Instructor:** Siew Chen

For information & services contact Jocelyne Pion, Health Promoter for Seniors, 613-737-5115 ext. 2323

55 Alive Mature Driver Refresher Course

55 Alive is a classroom refresher course designed specifically to help older drivers improve and/or review their defensive driving skills.

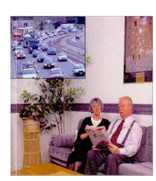
1355 Bank St. 7th floor *Albion/Heatherington Rooms*
Tuesday, November 18 & 25th 1:00-4:00 p.m.

- *$25 for the course & snacks*
- *$14.95 for the Drivers Handbook*

10 free (2 hour maximum) SEOCHC parking spaces available on the south side of the building.

To Register Call:
Jocelyne Pion
613-737-5115 ext. 2323

"Driving helps me keep my independence – 55 Alive helps me protect it"



Wise Women and Great Men Direction Network

Mandatory Registration: Wednesday, September 3rd from 1:00 to 3:00 p.m.
Wednesdays from 1:00 – 3:00 p.m.
September 10 to December 10, 2008

10 free *(2 hour maximum)* SEOCHC parking spaces on the South side of 1355 Bank St.

September 10	Fall cleaning (Space & Safety Awareness)	Angela Warren Housing outreach worker
September 17 cdpm	Differences between Acute & Chronic Disease and Living with a chronic disease	Beate Evans & Catherine Jana
September 24	Energy conservation(Hydro consumption)	Angela Warren Housing outreach worker
October 1	Launch of the new DVD Get Moving developed by the Older Adult Action Team of Active Ottawa	Jacynthe Carrière chairperson of the Older Adult Health promotion coalition of Ottawa
October 8	The Art of Fen Chui	Angela Warren Housing outreach worker
October 15 cdpm	How to achieve a happy medium between Overdoing it with Exercise ,House work and Letting go, Resting up & Relaxing	Lynn Dubroy, Home management counsellor
October 22 cdpm	Pain & Fatigue Management, Setting up Realistic Goals.	Julie Gauvin Registered practical nurse
October 29	Winterizing your home (Air Quality Check List)	Angela Warren Housing outreach worker
November 5	Hypo and Hyper Thyroid	Chairperson of the Ottawa chapter of the Thyroid foundation of Canada.
November 12 cdpm	Anger Management. Developing effective communication skills	Camille Bozozuk Social worker
November 19 cdpm	Depression management /Positive thinking skills	Sarena Bacon Crisis Intake Worker
November 26 cdpm	Guided Imagery, Problem solving and Planning for the Future	Jocelyne Pion Health promoter for seniors
December 3	Made in Canada, what does it mean??	Health promoter for seniors Jocelyne Pion
December 10	***Christmas*** and ***New Year*** Celebration. Bring a special recipe and your favourite dish related to a special diet.	Multicultural pot luck with entertainment. Bring your favourite cultural dish to share and your best wishes for the Christmas holidays

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MOVIE BUFFS

1355 Bank St., 7th Floor, Russell Room

Showtime: Friday, 1:00 p.m. *Suggested $2 donation*

Information : Elizabeth Cunnius: 613-824-7794

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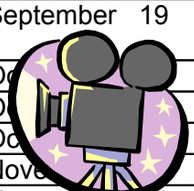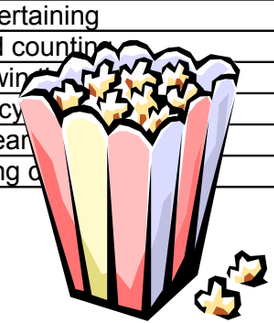
September 5	Into the Wild	Heartfelt drama
September 19	The Bank Job	Biggest unresolved robbery in British history
Oc	Definitely Maybe	Funny mix of comedy & drama
O	Miss Pettigrew lives for a day	Funny and entertaining
Oc	**21**	Experts in card countin
Nove	What happens in Vegas	Joy and Jack win
November 21	Emotional Arithmetic	From the Drancy
December 5	Adrift in Manhattan	Moving and Hear
December 19	Love's Unfolding Dream	Caring unfolding d