

Pour obtenir de plus amples renseignements sur les programmes et les services s'adressant aux aînés, veuillez visiter notre site Web à l'adresse :

Aby dowiedziec sie wiecej o programach i uslugach dla seniorow odwiedź nasza strone:

Para obtener más información acerca de nuestros servicios y programas para personas mayores, visite nuestro sitio Web:

Per ulteriori informazioni sui programmi e servizi dedicati alla terza età, consulta il nostro sito web al:

انعم قوم قرايى جري، نسل رايبك جمارب نع تامولعمل نم ديزمل

सनियरहरुको कार्यक्रम र सेवाबारे थप जानकारीको लागि हाम्रो वेबसाईट मा जानुहोला/

Để biết thêm thông tin về các chương trình và dịch vụ dành cho người cao niên, hãy vào xem trang web của chúng tôi :

欲知更多有关老人计划与服务的信息，请访问我们的网站：

欲知更多有關老人計畫與服務的資訊，請訪問我們的網站：

वरिष्ठ कार्यक्रमों और सेवाओं के बारे में अधिक जानकारी के लिए, हमारी वेबसाइट पर जाएं:

Για περισσότερες πληροφορίες σχετικά με προγράμματα και υπηρεσίες για ηλικιωμένους, επισκεφθείτε την ιστοσελίδα μας

seniors.informationlondon.ca



For more information or to provide updates please contact:

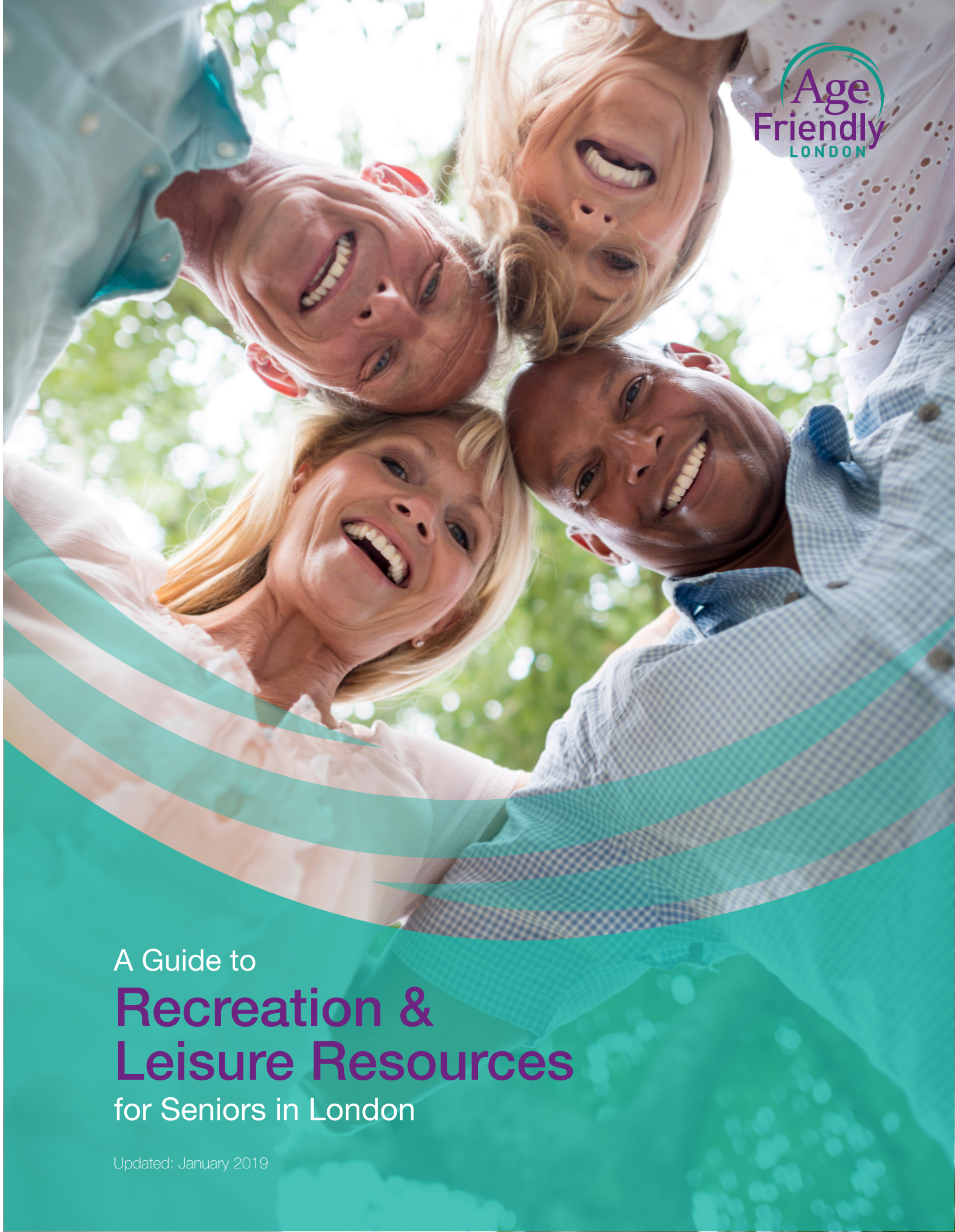
Bev Farrell
c/o Third Age Outreach
of St. Joseph's Health Care London

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

A Guide to Recreation & Leisure Resources for Seniors in London

Updated: January 2019





LEAP

Leisure Education Awareness Program
providing new opportunities for older adults.

**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

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.thirdageoutreach.ca

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

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

MAKE THE CONNECTION CALL 2-1-1

"I found a computer training program to upgrade my skills."

Change starts here.

Call 2-1-1 or visit 211Ontario.ca

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RETIREMENT RESEARCH ASSOCIATION - WALKING PROGRAM AT WESTERN 

519-439-9764

rralondon3@gmail.com

ROYAL CANADIAN LEGION - VICTORY BRANCH #317 

519-455-2331

311 Oakland Ave.

www.victorylegion.ca

THE GARDEN CLUB OF LONDON 

Civic Garden Complex

519-471 6200

625 Springbank Dr.

www.gardencluboflondon.ca

ROYAL CANADIAN LEGION - BYRON/SPRINGBANK BRANCH 

519-472-3300

1276 Commissioners Rd. W.

www.rclbr533.ca

info@rclbr533.ca

TAOIST TAI CHI SOCIETY 

www.taoist.org/find-a-class

THAMES VALLEY TRAIL ASSOCIATION 

c/o Grosvenor Lodge,

1017 Western Rd.

www.tvta.ca

ROYAL CANADIAN LEGION- LAMBETH BRANCH #501 

519-652-3412

7097 Kilbourne Rd

www.branch501lambethlegion.ca

THE PROBUS CLUB OF LONDON SOUTH

34 Westbrook Cres RR#5

southlondonprobus@gmail.com

www.probus.org/17londonsth

THIRD AGE OUTREACH PROGRAM 

519-661-1621

St. Joseph's Health Care

London, 78 Riverside Dr.

www.thirdageoutreach.ca

ROYAL LONDON MILITARY INSTITUTE 

519 681 1655

19 Becher Street, HMCS Prevost

www.rlmi.com

THE PROBUS CLUB OF LONDON NORTH 

100 Martin St

probusnorthlondon@gmail.com

www.probus.org/17northlondon

THIRD AGE OUTREACH GOLF CLINICS - FOR PEOPLE WITH DISABILITIES 

519-661-1620

Miscellaneous

CANADIAN CORPS

519-455-7530

1051 Dundas St. E.

www.facebook.com/canadiancorps

CE

HUTTON HOUSE

519-472-6381

654 Wonderland Rd. N.

www.huttonhouse.com

CW

**LONDON/FANSHAWE
HORTICULTURAL SOCIETY**

1593 Adelaide St.N.

www.gardenontario.org/site.php/fanshawe/contacts

CE

**COMMUNITY LIVING
LONDON**

519-686-3000

190 Adelaide St. S.

www.cl.on.ca

CE

**KIWANIS CLUB
MIDDLESEX LONDON**

www.middlesexkiwanis.org

CW

**LONDON HORTICULTURAL
SOCIETY**

519-652-3409

625 Springbank Drive

www.gardenontario.org

SW

**ELMWOOD AVENUE
PRESBYTERIAN CHURCH**

519-438-3492

111 Elmwood Ave. E.

www.elmwoodchurch.ca

CW

**KIWANIS CLUB FOREST
CITY-LONDON**

www.forestcitykiwanis.ca

CW

LONDON SENIOR GAMES

519-686-9926

www.londonseniorgames.com

ALL

**FOREVER GREEN
SENIORS DROP-IN**

West London Alliance Church

519-471-8716

750 Wonderland Rd. N.

www.wlachurch.org/calendar

NW

**LAMBETH HORTICULTURAL
SOCIETY**

519-472-0363

4268 Colonel Talbot Rd.

www.lambethhort.com

SW

NEWCOMERS CLUB

519-641-5777

www.londonnewcomersclub.com

ALL

NEIGHBOURGOOD LONDON

www.neighbourgoodlondon.ca

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

-  North East
-  North West
-  South East
-  South West
-  Central East
-  Central West
-  All Areas



“ We don’t stop playing because we grow old; we grow old because we stop playing. ”
- George Bernard Shaw

LAMBETH LIBRARY
519-652-2951
7112 Beattie St.

SW

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

SE

VISITING LIBRARY SERVICE
519-661-6444

ALL

LONDON LIBRARY
519-439-6240
167 Wortley Rd.

CW

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

NW

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

NE

STONE CREEK LIBRARY
519-930-2065
920 Sunningdale Rd. E.

NE

London Public Library

www.lpl.ca

CENTRAL LIBRARY 519-661-4600 251 Dundas St.	CW	CARSON LIBRARY 519-438-4287 465 Quebec St.	CE	EAST LONDON LIBRARY 519-451-7600 2016 Dundas St. E.	CE
BEACOCK LIBRARY 519-451-8140 1280 Huron St.	NE	CHERRYHILL LIBRARY 519-439-6456 301 Oxford St. W.	NW	GLANWORTH LIBRARY 519-681-6797 2950 Glanworth Dr.	SE
BOSTWICK LIBRARY 519-473-4708 501 Southdale Rd. W.	SW	CROUCH LIBRARY 519-673-0111 550 Hamilton Rd.	CE	JALNA LIBRARY 519-685-6465 1119 Jalna Blvd.	SW
BYRON LIBRARY 519-471-4000 1295 Commissioners Rd. W.	CW				

An Importance Message on How to Prevent Falls

Fall facts:

Did you know?

- 1 in 4 older Canadians fall at least once each year
- Falls are the most common cause of injuries for people 65 years and older
- 95% of broken hips are caused by falls

The good news is most falls can be prevented.

You can take control of your health and stay independent:

- Talk openly with your healthcare provider about your fall risk and what you can do
- Ask your pharmacist to review your medications
- Do activities you enjoy
- Eat well and stay strong
- Manage your health with regular check-ups
- Remove clutter and tripping hazards
- Keep fit and improve your balance

It's fun to be active

It's more fun to be active with the others. Try a group class with the **City of London Satellite program** or the **VON SMART** Exercise program.

Activities

Activities that can improve your balance and increase your muscle and bone strength include:

- Tai Chi
- Wall push-ups
- Stair climbing
- Exercising with weights or exercise bands

Being physically active

for at least 150 minutes per week is good for the body and mind. Strength training and balance activities are especially important to prevent falls.

Talk to your healthcare provider before you start a new exercise program.

This information is brought to you by the Middlesex-London Fall Prevention Collaborative.

Aquatic Programs

BERKSHIRE CLUB 519-471-4590 500 Berkshire Dr. www.sifton.com/residential/berkshireclub	CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 519-661-2525 656 Elizabeth St. www.london.ca/recreation/aquatics	HORTON ST. SENIORS CENTRE 519-434-9114 184 Horton St. www.bgclondon.ca/seniorsprograms
BOB HAYWARD YMCA 519-451-2395 1050 Hamilton Rd. www.ymcawo.ca/bob-hayward	CENTRE BRANCH YMCA 519-667-3300 382 Waterloo St. www.ymcawo.ca/cby	SOUTH LONDON COMMUNITY POOL 519-661-0920 585 Bradley Ave. www.london.ca/recreation/aquatics
BOSTWICK 519-907-3300 501 Southdale Rd W. ymcawo.ca/bostwick	CHELSEY PARK HEALTH CLUB 519-432-8504 312 Oxford St. W www.chelseypark.com	STONEY CREEK YMCA 519-667-4400 920 Sunningdale Rd. E. www.ymcawo.ca/stoney-creek
CANADA GAMES AQUATIC CENTRE 519-661-4455 1045 Wonderland Rd. www.london.ca/recreation/aquatics	FOREST EDGE COMMUNITY POOL 427 Village Green Ave. www.forestedgepool.ca	WOODCREST POOL 695 Village Green Ave. woodcrestcp@gmail.com www.woodcrestpool.ca

Outdoor Rinks

VICTORIA PARK Ice skating is open December 7, 2018, to the end of March Break 2019, weather permitting. 519-661-5768	COVENT GARDEN MARKET 130 King Street 519-439-3921 Please check website for dates, weather permitting.	STORYBOOK GARDENS 1958 Storybook Lane 519-661-5770 Opens first weekend in December, weather permitting
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NEIGHBOURHOOD OUTDOOR ICE RINKS
Please see website for outdoor rinks, weather permitting.
www.london.ca/residents/Recreation/Arenas-Skating

Arenas

ARGYLE 1948 Wavell Street 519-661-4419	E	KINSMEN 20 Granville Street (Access through Barrington Ave off Wharncliffe Road North) 519-661-5777	CW	OAKRIDGE 825 Valetta Street (east of Hyde Park) 519-661-4424	NW
BOSTWICK 519-907-3300 501 Southdale Rd W. ymcawo.ca/bostwick	SW	LAMBETH 7112 Beattie Street 519-652-5161	SW	SILVERWOODS* 50 Sycamore Street (at Pine Street) 519-661-4425	CW
CARLING 675 Grosvenor Street 519-661-5774	CE	LONDON ICE PARK- BROOKSIDE 99 Brookside Street 519-433-1751	SW	STRONACH 1221 Sandford Street (Between Huron Street and Cheapside Street) 519-661-4426	NE
EARL NICHOLS 799 Homeview Road (North of Southdale Rd) 519-661-4422	SW	MEDWAY 119 Sherwood Forest Square (Off Wonderland Rd North) 519-661-4421	NW	WESTERN FAIR SPORTS CENTRE 865 Florence St. 519-438-7203 ext. 347	CE
FARQUHARSON 411 Tecumseh Ave (at South Secondary School) 519-661-CITY (2489)	SE				

Outdoor Pools

BYRON POOL 519-661-4405 1308 Norman Ave.	NW	NORTHRIDGE POOL 519-661-4455 15 McLean Dr.	NE	STRONACH POOL 519-661-4426 1221 Sandford St.	SE
GLEN CAIRN POOL 519-661-4420 370 Chippendale Ave.	SE	OAKRIDGE POOL 519-661-4424 825 Valetta St.	NW	THAMES POOL 519-661-4417 15 Ridout St. S	CW
GIBBONS POOL 519-661-4407 2 Grosvenor St.	NW	SILVERWOOD COMMUNITY POOL 519-661-4413 36 Sycamore St.	SE	WESTMINSTER POOL 519-661-4418 650 Osgoode Dr.	SE
NORTHEAST POOL 519-661-4409 1050 Victoria Dr.	NE	SOUTHCREST POOL 519-661-4415 Hazelwood Ave.	SW		

*Silverwoods will be operated as a dry pad facility year round. Activities can include such things as ball hockey, lacrosse, indoor soccer and roller derby.

Seniors' Centres & Satellites

ARGYLE SENIORS' SATELLITE - CITY OF LONDON CW 519-661-2489 ext. 5769 East London Library, 2016 Dundas St. www.london.ca/seniors	CHALMERS SENIORS' SATELLITE - CITY OF LONDON SE 519-661-2489 ext. 5769 342 Pond Mills Rd. www.london.ca/seniors	KIWANIS SENIORS COMMUNITY CENTRE CW 519-661-5740 78 Riverside Dr. www.london.ca/seniors
BERKSHIRE SENIORS' SATELLITE - CITY OF LONDON CW 519-661-2489 ext. 5769 The Berkshire Club 500 Berkshire Dr. www.london.ca/seniors	WESTMINSTER SENIORS' SATELLITE - CITY OF LONDON SE 519-661-2489 ext. 5769 Westminster Park Church, 1190 Southdale Rd. E. www.london.ca/seniors	SENIORS' GATHERING PLACE CW Drop in Tuesdays 9am-12pm Covent Garden Market 2 nd Floor. 130 King St. centralsnac@yahoo.ca
BEACOCK SENIORS' SATELLITE - CITY OF LONDON NE 519-661-2489 ext. 5769 BEACOCK LIBRARY 1280 Huron St. www.london.ca/seniors	HAMILTON ROAD SENIORS CENTRE CE 519-661-5758 525 Hamilton Rd. www.london.ca/seniors	TRINITY SENIORS' SATELLITE - CITY OF LONDON CE 519-661-2489 ext. 5769 Trinity Church 76 Doulton St. www.london.ca/seniors
BOYLE SENIORS' SATELLITE - CITY OF LONDON CE 519-661-2489 ext. 5769 Boyle Memorial Community Cen- tre, 530 Charlotte St. www.london.ca/seniors	HORTON STREET SENIORS CENTRE CW 519-434-9114 184 Horton St. www.bgclondon.ca/seniorsprograms	

Fitness & Physical Activity

HUTTON HOUSE FITNESS CENTRE CW 519-472-6381 654 Wonderland Rd. N. www.huttonhouse.com	SOUTHWEST COMMUNITY CENTRE AND YMCA SW Coming soon 501 Southdale Rd. W swcc@london.ca www.ymcawo.ca	THISTLE LAWN BOWLING CLUB CW 519-438-1936 25 Beaufort St. thistlelawnbowling@gmail.com www.thistlelawnbowling.com
PARKWOOD FITNESS CENTRE SE 519-685-4000 ext. 41734 550 Wellington Rd. www.sjhc.london.on.ca/parkwoodfitnesscentre	STONEY CREEK YMCA NE 519-667-4400 920 Sunningdale Rd. E. www.ymcawo.ca	VON SMART PROGRAMS ALL 519-659-2273 200-1151 Florence St. www.vonmiddlesexelgin.com
PHYSICAL MAINTENANCE PROGRAM, PARKWOOD HOSPITAL SE 519-685-4046 550 Wellington Rd. www.sjhc.london.on.ca/specializedgeriatrics		

The City of London offers many fitness, arts, education programs and more through their seniors' and community centres, satellite programs and Spectrum recreation programs.

For more information and to view the City of London Recreation Guide: **519-661-5575 | www.london.ca/PlayYourWay**

Fitness & Physical Activity

BOB HAYWARD YMCA 
519-451-2395
 1050 Hamilton Rd.
www.ymcawo.ca

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

ELMWOOD LAWN BOWLING 
519-438-5695
 17 1/2 Edward St.
www.elmwoodclub.ca

BOSTWICK 
519-907-3300
 501 Southdale Rd W.
ymcawo.ca/bostwick

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

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

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

FUN PICKLEBALL 
226-977-0998
 1308 Norman Ave
www.facebook.com/funpickleball
fun.pickleball.london@gmail.com

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

CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 
519-661-2523
 656 Elizabeth St.
www.london.ca/recreation/communitycentres

Support Groups

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

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

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

MULTIPLE SCLEROSIS SOCIETY - SOUTHWEST CHAPTER 
519-646-6030 - MS Navigator
1-844-859-6789 - Support Groups

BRAIN INJURY ASSOCIATION OF LONDON AND REGION 
519-642-4539
 341 Talbot St
www.braininjurylondon.on.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

CANADIAN MENTAL HEALTH ASSOCIATION - MIDDLESEX BRANCH 
519-668-0624
 534 Queens Ave
www.cmhamiddlesex.ca

Retirement Living

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 - JEA 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.reveralliving.com/windermere

CHARTWELL RIVERSIDE RETIREMENT RESIDENCE

226-667-8061

201 Riverside Dr.
www.chartwell.com

HORIZON PLACE RETIREMENT RESIDENCE

519-641-6330

760 Horizon Drive
London ON N6H 5G3

WAVERLEY RETIREMENT RESIDENCE

519-667-1381

10 Grand Ave.
www.verveseniorliving.com

CHARTWELL ROYALCLIFFE RETIREMENT RESIDENCE

226-667-8064

609 Wharncliffe Rd. S.
www.chartwell.com

MASONVILLE MANOR

519-663-0220

350 North Centre Rd.
www.masonvillemanor.com

Health Centres

CENTRE OF HOPE FAMILY HEALTH TEAM

519-645-2348

www.centreofhope.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

VON COMMUNITY SUPPORT PROGRAMS

519-659-2273

200-1151 Florence St.
www.vonmiddlesexelgin.com

Education/Personal Interest Courses

CENTRE FOR LIFELONG LEARNING 519-659-1224 1230 King St. www.cfill.on.ca	LONDON PUBLIC LIBRARY 519-661-4600 www.lpl.ca	THIRD AGE OUTREACH PROGRAM 519-661-1621 St. Joseph's Health Care London, 78 Riverside Dr. www.thirdageoutreach.ca
COLLEGE BOREAL 519-451-5194 Citi Plaza 355 Wellington St. Suite 279 www.collegeboreal.ca	ROADSCHOLAR (FORMERLY ELDERHOSTEL) 1-800-454-5768 www.roadscholar.org	THAMES VALLEY DISTRICT SCHOOL BOARD (Wheable Adult Education Centre) 519-452-2660 70 Jacqueline St. www.tvdsb.on.ca
CITY OF LONDON SPECTRUM PROGRAMS 519-661-5575 www.london.ca/spectrum	SOCIETY FOR LEARNING IN RETIREMENT 519-438-3525 Grosvenor Lodge, 1017 Western Rd. www.slrlondon.ca	WESTERN CENTRE FOR CONTINUING STUDIES 519-661-3658 355 Wellington St. www.uwo.ca/cstudies
FANSHAWE COLLEGE 519-452-4430 1460 Oxford St. E Rm. A1037 www.fanshawec.ca		

Annual Special Events

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	REXPO-RECREATION AND LEISURE FAIR Every April Kiwanis Seniors Community Centre 78 Riverside Dr. 519-661-1620	STEPPING OUT SAFELY First Saturday in October Kiwanis Seniors Community Centre 78 Riverside Dr. 519-661-1620
"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	

Arts & Culture Programs

2 HANDS CLAY 519-434-8810 christine@2hands.ca www.2hands.ca	EL SISTEMA AEOLIAN ADULT ORCHESTRA 519-672-7950 795 Dundas St. E. aeolianhall.ca info@aeolianhall.ca	JJ CERAMICS 519-438-7913 452 Horton St E www.jjceramics.ca
BANTING HOUSE NATIONAL HISTORIC SITE OF CANADA 519-673-1752 442 Adelaide St. N. www.diabetes.ca/about-cda/banting-house	FANSHAWE PIONEER VILLAGE 519-457-1296 1424 Clarke Rd. Enter - Fanshawe Conservation Area Gates www.fanshawepioneervillage.ca	JONATHON BANCROFT-SNELL GALLERY 519-434-5443 258 Dundas St. www.jonathons.ca
CROCK A DOODLE LONDON NORTH 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	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		

N'AMERIND (LONDON) FRIENDSHIP CENTRE 519-672-0131 260 Colborne St. www.namerind.on.ca	OUR LADY OF CZESTCHOWA 519-672-0088 419 Hill St.	SOUTH LONDON NEIGHBORHOOD RESOURCE CENTRE 519-452-2660 ext. 69974 1119 Jalna Blvd. www.slnrc.org
PORTUGUESE CLUB OF LONDON 519-453-4330 134 Falcon St. www.portuguesecluboflondon.com	SERBIAN CULTURAL CENTRE 519-652-2771 5567 Wonderland Rd. S. www.svetisavalondon.com	

Day Programs

MCCORMICK DEMENTIA CARE SERVICES 519-439-9336 2022 Kains Rd. www.mccormickcaregroup.ca	DEARNESS SERVICES - DAY PROGRAM 519-661-0400 710 Southdale Rd. E. www.london.ca/seniors/dearness	SALVATION ARMY ADULT DAY PROGRAM 519-455-5177 1340 Dundas St. E. www.salvationarmyvillage.ca
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Cultural Centres

CERCLE DES COPAINS DE LONDON 519-645-0191 ou 519-472-8897 920, rue Huron. www.cclondon.on.ca	NE	GERMAN CANADIAN CLUB 519-433-2901 1 Cove Rd. www.germancanadianclublondon.com	CW	LONDON CROSS CULTURAL LEARNERS CENTRE 519-432-1133 505 Dundas St. www.lcclc.org	CE
CHRIST THE KING UKRAINIAN CATHOLIC CHURCH 519-434-6593 707 Nelson St. www.ctkucc.ca	SE	GREEK ORTHODOX COMMUNITY 519-438-7951 133 Southdale Rd. E. www.londongreekcommunity.com/get-involved/senior-programs	SW	LUSO COMMUNITY SERVICES 519-452-1466 1193 Oxford St. E. Unit 2 www.lusocentre.org	CE
CHINESE CANADIAN NATIONAL COUNCIL - LONDON CHAPTER 519-451-0760 1701 Trafalgar St. www.londonccnc.ca info@londonccnc.ca	SE	LAMBETH UNITED CHURCH 519-652-2093 4268 Colonel Talbot Rd www.lambethunitedchurch.ca	SW	LONDON MUSLIM MOSQUE 519-439-9451 151 Oxford St W www.londonmosque.com	NW
DUTCH CANADIAN CLUB 519-455-7170 1738 Gore Rd. Message on Facebook: Dutch Canadian Society of London and District	CE	LONDON INTERCOMMUNITY HEALTH CENTRE 519-660-0874 659 Dundas St. 519-659-6399 1355 Huron St #7 www.lihc.on.ca	CE	LONDON JEWISH COMMUNITY CENTRE 519-673-3310 536 Huron St. www.jewishlondon.ca	NE

MUSEUM OF ONTARIO ARCHAEOLOGY 519-473-1360 1600 Attawandaron Rd. www.archaeologymuseum.ca	NW	SILVER DESIGN Paint nights, fine art www.sylverdesign.com sylverdesign@hotmail.com		THE SECRETS OF RADAR MUSEUM 2155 Crumlin Side Rd. 519-691-5922 www.secretsofradar.com	SE
MUSEUM LONDON 519-661-0333 421 Ridout St. N. www.museumlondon.ca	CW	ROYAL CANADIAN REGIMENT MUSEUM Wolseley Barracks 519-660-5275 ext. 5102 701 Oxford St. E. www.thercrmuseum.ca	CE	WORD'S WORTH 519-871-9673 wordsmith@sandyross.ca www.sandyross.ca	ALL
MCINTOSH GALLERY 519-661-3181 Western University, 1151 Richmond St. mcintoshgallery.ca	NW	THE ARTS PROJECT 519-642-2767 203 Dundas St. www.artsproject.ca	CE	LONDON DISTRICT WEAVERS AND SPINNERS 519-659-6440 www.ldsw.ca	CE

Community Centres

ARGYLE ARENA 519-661-4781 1948 Wavell St. www.london.ca/playyourway recreation@london.ca	BYRON OPTIMIST COMMUNITY CENTRE 519-661-2523 1308 Norman Ave. www.london.ca/recreation/communitycentres recreation@london.ca	EARL NICHOLS RECREATION CENTRE 519-661-4485 799 Homeview Rd. www.london.ca/communitycentres recreation@london.ca
ARGYLE COMMUNITY RESOURCE CENTRE 519-457-7659 2016 Dundas St. E	CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 519-661-2523 656 Elizabeth St. www.london.ca/recreation/communitycentres recreation@london.ca	GLEN CAIRN COMMUNITY RESOURCE CENTRE 519-668-2745 244 Adelaide St. South www.gccrc.ca
BOYLE MEMORIAL COMMUNITY CENTRE 519-661-4427 530 Charlotte St. www.london.ca/recreation/communitycentres recreation@london.ca	CROUCH NEIGHBOUHOOD RESOURCE CENTRE 519-642-7630 550 Hamilton Rd. www.crouchonline.org	KINSMEN RECREATION CENTRE 519-661-7321 20 Granville St. www.london.ca/recreation/communitycentres recreation@london.ca
BOSTWICK COMMUNITY CENTRE 519-661-5575 501 Southdale Rd. W. ymcawo.ca/bostwick		

LAMBETH COMMUNITY CENTRE 519-652-4071 7112 Beattie St. W. www.london.ca/recreation/communitycentres	NORTH LONDON OPTIMIST COMMUNITY CENTRE 519-661-5202 1345 Cheapside St. www.london.ca/recreation/communitycentres	STONEY CREEK COMMUNITY CENTRE 519-667-4400 YMCA & LIBRARY 920 Sunningdale Rd. E. www.london.ca/recreation/communitycentres
MEDWAY COMMUNITY CENTRE 519-661-4947 119 Sherwood Forest Square www.london.ca/recreation/communitycentres	SOUTH LONDON COMMUNITY CENTRE 519-686-8600 1119 Jalna Blvd. www.london.ca/recreation/communitycentres	STRONACH COMMUNITY CENTRE 519-661-5673 1221 Sandford St. www.london.ca/recreation/communitycentres
NORTHWEST LONDON COMMUNITY RESOURCE CENTRE 519-471-8444 27A-1225 Wonderland Rd. N. www.nwlr.ca info@nwlr.ca	SPRINGBANK GARDENS COMMUNITY CENTRE 519-661-2489 205 Wonderland Rd. S. www.london.ca/recreation/communitycentres	GENERAL LINE TO THE CITY OF LONDON 519-661-2489 recreation@london.ca