

**This Fall.....take in one of our Bonenefit Education sessions:**

**4 week program offering information on lifestyle strategies to maintain bone health and prevent fractures \*Bluewater Area Family Health Team (6 Goshen Line south, Zurich)**

**Sept. 11, 18, 25, Oct. 2, 2018 from 1-3pm Call 519-236-4373 Ext. 632 to register or**

**\*Avondale Church (194 Avondale Ave. Stratford Nov.7, 14, 21, 28, 2018 from 2-4pm**

**Call 1-888-502-8277 Ext. 2254 to register!**

**Interested in improving your physical fitness?**

**Join our Seniors Gym— a great Fitness Centre geared to the older adult, complete with aerobic and weight machines. \$137.50 gets you a 6 month membership, orientation to equipment provided!**

**317 Huron St. Clinton Lower Level**

**Call 1-888-502-8277 Ext. 2011 for more info or come in and talk to our staff!**

<p><b>Group Exercise Program -</b> 1 hour class led by a certified Seniors Fitness Instructor. Level 1—Beginner /Seated Level 2—Moderate Sit/Stand Level 3—Advanced Standing</p>	<p><b>Clinton Fitness Centre -</b> Recumbent exercise bike, elliptical trainer, treadmill, 5 weight machines, 6 month membership. Orientation and program provided.</p>	<p><b>Fitness Assessments -</b> Monitors your progress in core health indicators. Watch for news through your instructor of our next assessment date in your area.</p>
<p><b>Yoga -</b> mat yoga, chair yoga and strength/stretch yoga programs <b>NIA</b>—low impact dance infused movement</p>	<p><b>Nordic Poling -</b> outdoor group walks using Nordic poles. Training sessions are available <b>Total Body Stretch</b>—restorative stretching, yoga and breathing</p>	<p><b>LifeHikers -</b> 2-3 hr vigorous hike. Led by Certified Ontario Hike Leaders <b>Indoor Walking Program</b>— October - April indoor walking - pedometers available</p>
<p><b>Pilates</b> –led by certified Instructors geared to older adults</p>	<p><b>CHAP-Cardiovascular Health Awareness Program -</b> Free Blood Pressure clinics offered.</p>	<p><b>Foot Care Clinics -</b> Certified Nurses: advanced foot care management</p>
<p><b>Congregate Dining -</b>Meal followed by speaker or entertainment: \$9 — special diets accommodated, some sites include CHAP Blood Pressure Clinic and an exercise program</p>	<p><b>Social Programs</b>—Coffee Social, Carpet Bowling, Crokinole or Cards offered in various sites.</p>	

**ONE CARE Home & Community Support Services provides home and community services to support and strengthen the health, independence and quality of life for individuals and their families.**

**PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS**

**BAYFIELD**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Pharmasave	1st Thursday 11 am—1 pm
Congregate Dining	\$9	Arena -4 Jane St.	2nd, 3rd, 4th, 5th, Thurs—12 pm
Exercise Class	FREE	Arena -4 Jane St.	Early Risers: Tues and Fri at 8:00—Level 3 Total Body Fit 1—Mon and Wed at 9:00 - Level 3 Total Body Fit 2/Sit Fit—Mon/Wed at 10:30, Fri at 9:30—Level 2
Poling	FREE	HIVE 13 Main St N Beside ShopBike (meet outside building)	Mon & Thurs (Men's), 8:30am 1 hr. walk Tues & Thurs (Women's), 9:00 am 1 hr. walk Wed (Women's Longer Distance), 9:00am Sun 9:00 am Co-ed

**CLINTON**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Betty Cardno Centre	4th Monday, 9am-1pm 2nd Wed, 10:30 am—12 pm at Diners
Congregate Dining	\$9	Betty Cardno Centre	Wed, 12pm
Euchre	\$1	Betty Cardno Centre	Mon, 1 pm (if stat holiday come Tues)
Fitness Centre	\$137.50/ 6 months	Betty Cardno Centre	Drop in Mon -Fri, 8:30 am -12:30pm
Foot Care Clinic	\$32/\$27	Betty Cardno Centre	2nd & 4th Tues, 9-4pm
Group Exercise Class	FREE	Betty Cardno Centre	Mon & Thurs, 9 –10am -Level 2 & 3
		Anfield Manor	Mon and Thurs 10-11am -Level 1
		Heartland Apartments	Currently on hold
		► Maple Hill	Assessing interest
LifeHikers	FREE	Betty Cardno Centre	Fri, 8-11 am

**GODERICH**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	MacKay Centre	1st Tues, 10:30-12pm
Foot Care Clinic	\$32/\$27	Huron Haven	2nd Wed, 9:30-4:30pm
		Goderich Legion	2nd Thurs, 9:00-4:00 pm
Group Exercise Class  <b>*class is full</b>	FREE	MacKay Centre ** (must register/call MacKay Centre prior to attending any class)	Mon. & Fri. 9:30* & 10:30am—Level 3 Wed. 10 am*—Level 3
		Huron Haven	Mon & Thurs, 1pm—Level 2
		Goderich Place	Tues, Wed & Fri, 9:15 am—Level 1

**SEAFORTH**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Huron Family Health Team	1st Wed, 9-12pm 3rd Thurs at Diners at Seaforth Arena 10:30 –12:00pm
Foot Care Clinic	\$32/\$27	Maplewood Manor	2nd & 4th Wed, 9:30-4:30pm
Group Exercise Class	FREE	Seaforth Arena	Tues & Thu, 9:30 am— Level 2
		Seaforth Manor	Wed & Fri, 1:10 pm—Level 1
		Maplewood Manor	Wed & Fri, 2:15 pm—Level 1
Congregate Dining	\$9	Seaforth Arena	3rd Thursday, 12pm includes CHAP
Poling	FREE	Arena (meet outside)	Mon & Fri, 8:30-9:30am

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**EXETER**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Lions Youth Centre	2nd Tues, 9:30 am -12 pm
		Riverview Estates Clubhouse	Last Wed, 9:30 -10:30 am
		Guardian Pharmacy	1st Thursday 10am—12 pm
Coffee Social	Donation	Trivitt Memorial Church	3rd Thurs, 9:30 -11:00 am
Congregate Dining	\$9	Lions Youth Centre	Tues, 12 pm
Foot Care Clinic	\$32/\$27	South Huron Hospital Base- ment Entrance– Ann St	1st and 3rd Wed 9:30 am -4:30 pm
Group Exercise Class	FREE	Christian Reform Church	Tues & Fri, 9:30 am -Level 3
			Mon & Wed, 11:00 am -Level 2
		Exeter Villa	Mon & Wed 9 am -Level 1
Indoor Walking	FREE	Exeter Arena-Hall	Mon-Fri, 8-10 am (October—April) Begins Oct. 9

**GRAND BEND**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	St. John's Anglican Church	2nd Thurs, 10 am -12 pm
Congregate Dining	\$9	St. John's Anglican Church	2nd & 4th Thurs, 12 pm
Foot Care Clinic	\$32/\$27	Grand Bend Legion	4th Tues, 9:30-4:30 pm

**HENSALL**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Northcrest Apartments	2nd Wed, 9:30-11 am
Group Exercise Class	FREE	Queensway Retirement	Mon & Wed, 9:15-10:15 am -Level 1
Congregate Dining and CHAP Blood Pressure Clinic	\$9	Hensall United Church	3rd Thurs, CHAP 10:30-12:00 Lunch at 12:00pm

**ZURICH**

PROGRAM	COST	LOCATION	DATE/TIME
Group Exercise Class	FREE	Maplewood Apartment	Tues & Thurs, 10:15-11:15 am -Level 2
		Blewater Area Family Health Team - Program Room	Wed 9:30 am & Fri 9:30 am -Level 2

**PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS**

**BLYTH**

PROGRAM	COST	LOCATION	DATE/TIME
Group Exercise Class	FREE	Christian Reform Church	Mon & Fri, 9:30 am
Congregate Dining and CHAP Blood Pressure Clinic	\$9	Trinity Anglican Church	1st Fri, Blood Pressure Clinic - 10:30-12:00 , Lunch 12 pm, Speaker 1 pm

**BRUSSELS**

PROGRAM	COST	LOCATION	DATE/TIME
Congregate Dining and CHAP Blood Pressure Clinic	\$9	United Church	2nd and 4th Thurs -Blood Pressure Clinic 10am-12pm Lunch 12 pm, Speaker 1 pm
Foot Care Clinic	\$32/\$27	Maple View Villa Apt	3rd Thurs, 9:30 am - 4:30 pm
Group Exercise Class	FREE	Highland Apartments	Mon, Tues and Thurs, 1-1:40 pm

**FORDWICH**

PROGRAM	COST	LOCATION	DATE/TIME
Congregate Dining	\$9	Fordwich Village Nursing Home	3rd Thurs, 12 pm

**LUCKNOW/ST HELEN'S**

PROGRAM	COST	LOCATION	DATE/TIME
Congregate Dining	\$9	St. Helen's Community Hall	Last Wed, Lunch 12pm, Speaker 1pm
Foot Care Clinic	\$32/\$27	Medical Centre -691 Have-lock	3rd Tues, 9:30 am -4:30 pm

**TEESWATER (GREY COUNTY)**

PROGRAM	COST	LOCATION	DATE/TIME
Congregate Dining	\$9	Teeswater United Church	2nd and 4th Thursday, 5:30 pm

**WINGHAM**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Royal Oak Remedy's Rx 131 John St. E.	4th Monday 9:30 am -12 pm
Congregate Dining	\$9	183 Victoria St. W, Wingham Wingham Legion	Every Tuesday 5:30 pm
Foot Care Clinic	\$32/\$27	Wingham Adult Day Centre Family Health Team 2nd Floor	3rd Wed. 9:00 am -4:00 pm 1st & 4th Wed, 9:00 am -4:00 pm
Group Exercise Class	FREE	North Huron Westcast Centre	Tues & Thurs 9-10 am Level 3 Tues & Thurs 10-11 am Level 1
		Turnberry Estates Clubhouse	Mon & Fri 10 am -Level 2



# STRATFORD

To register call 1.877.502.8277

We also offer programs in other communities.  
For info visit [www.onecaresupport.ca](http://www.onecaresupport.ca)

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## BLOOD PRESSURE CLINICS

LOCATION	DATE/TIME
Local Community Food Centre	Wed 9:30 -11 am with Seniors Luncheon
Greenwood Court	1st Thurs, 10:30am -1 pm
SLAAA– Rotary Arena-Ritsma Room	3rd Tues, 10:30-11:30am

## FOOT CARE CLINICS

COST	\$32 first visit, \$27 follow up
LOCATION	DAY/TIME
25 Wright Blvd—ONE CARE	1st Tues, 9:30 am - 4:30 pm
	2nd & 4th Thurs, 9:30 am -4:30 pm

## Congregate Dining including CHAP, EXERCISE & Program

<p><u>Avon Mennonite Church Multipurpose Room</u> 1st &amp; 3rd Thurs, 12 pm Cost: \$9 Exercise Class 9:30 am -(Level 1) Blood Pressure -1st Thursday 10:30 am-1 pm Lunch 12 pm Speaker/Program 12:30 pm INTERESTED IN SHUFFLEBOARD? Speak to our Program Assistant Terri!</p>	<p><u>Local Community Food Centre</u> Every Wednesday Donation welcome Blood Pressure 9:30 -11 am Exercise 10:25 am -(Level 2) Lunch 11:30 am Speaker 12 pm Social Games 1 pm</p>
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## GROUP EXERCISE CLASS—FREE

LEVEL	LOCATION	DATE/TIME
1	Anne Hathaway Retirement - Activity Room	Mon, Wed, Thurs and Fri, 9:30 am
	Cedarcroft Place Retirement - Activity Room	Tues & Thurs, 2 pm
	McCarthy Place Retirement - Lounge	Mon & Wed, 9 am
	Greenwood Court - Multipurpose Room	Mon, Tues, Thurs & Fri, 9:30 am
2	Christian Reformed Church-190 Athlone Cres - Gymnasium	Mon & Thurs, 9:30 am
*NEW	Community of Christ Church - Foyer <b>ALL NEW MEN'S STRENGTH EXERCISE CLASS</b>	Mon & Thurs, 11 am <b>WEDNESDAYS AT 9:30</b>
	Romeo Court - Activity Room	Mon & Fri, 10 am
	St. Stephens Anglican Church - Lower Level	Mon & Wed, 4:00 pm
	The Local Community Food Centre - Rear Dining Hall	Wed 10:25 am
	3	Bethel Pentecostal Church - Gymnasium
	Bethel Pentecostal Church - Gymnasium	Tues & Thurs, 10 am
	Knox Church - in basement level	Tues & Thurs, 10 am

## Wellness Classes—fees vary—ask upon registration

Program	Location	DATE/TIME	Minimum #
Chair Yoga	Army and Navy 151 Lorne Ave	Wed 10 am Start: Sept. 12- Dec. 5 Cost: \$55	19/class
Mat Yoga	Rotary Complex 353 McCarthy Rd.	Mon 9:15 am Start: Sept. 10 Dec. 10 Cost: \$55	19/class
Pilates	Rotary Complex 353 McCarthy Rd.	Mon 10:30am Start: Sept. 10- Dec. 10, Cost: \$55	19/class

## Nordic Poling—FREE

Learn to Pole Walk	Group Walks—meeting Spot
<p>New sessions begin monthly Please call ahead to register!</p> <p>Deposit for poles required.</p>	<p>Mondays @ 9:00 am at Avondale Cemetery</p> <p>Wednesdays @ 9:00 at Avondale Cemetery</p> <p>Friday @ 9:00 at Allman Arena Parking Lot</p> <p>Poles required!</p>