Community Health & Wellness News—Fall 2017



Promoting physical activity, health, and independence!

We hope that you enjoyed your sunshine and outdoor activities and even a vacation away from routine! We have many updates to our local programs and services. Please check out your local area schedule and all changes are noted by ►.

This fall we are excited to be partnering with Bluewater Rest Home, Outreach Services, to provide a Bone Health series, starting Sept 12, 2017. The program is 4 sessions from 1-3 pm and filled with informative presentations by local experts to help you maintain healthy bones and prevent and/or manage osteoporosis. This workshop is \$5. We will also be offering Bone Health in Stratford in November, starting on the 8th at the Local Community Food Centre.

November is also Prevention Month and the theme this year is "Let's Dance". We will be integrating dance into many of our programs and hosting an official kick off event in Teeswater, Nov 9th at 5:30 pm with presentations by Lisa Thompson, MPP Huron Bruce.

Finally we have our next Seniors Fitness Instructor training starting October 17, 2017 in Clinton. We are still seeking more new volunteers to become fitness leaders. Call our office if you are interested!

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

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.

Assisted Living | Adult Day Programs | Meals on Wheels | Foot Care Clinics | Blood Pressure Clinics | Exercise & Wellness EasyRide Transportation | In-Home Personal Support | Home Help | Home At Last | Respite | Dining & Social | Social Work

For information: Call toll free 1.877.502.8277 or visit our website onecaresupport.ca



CENTRAL HURON

To register call 1.877.502.8277

PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS

Blood Pressure Clinic FREE Pharmasave 3rd 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. Total Body Fit 3 - Mon, Wed, Fri at 2030 - Level 3 Total Body Fit 3 - Mon, Wed, Fri at 2030 - Level 1 > Poling FREE 6 Main St (meet outside (meet outside) Total Body Fit 3 - Mon, Wed, Fri at 2030 - Level 1 > Yoga \$50/session Town Hall [11] Tues & Thurs (Women's), 8:30am > Yoga \$50/session Town Hall [11] Tues & Thurs (Women's), 9:00 an 30am > Nia FREE Arena - 4 Jane St. Tuesdays at 5:30 pm > Total Body Relax FREE Town Hall [11] Tuesdays at 5:30 pm > Total Body Relax FREE Town Hall [11] Tuesdays at 5:30 pm Congregate Dining \$9 Betty Cardno Centre Wed, 12pm Blood Pressure Clinic \$127,527 Betty Cardno Centre Mon, 9:30-12 pm Euchre \$1 Betty Cardno Centre Mon, 4th Tues, 9-4pm Gooup Exercise Class FREE Matety Cardno Centre Mon, 4th tues, 9-4pm <th>BAYFIELD</th> <th>PROGRAM</th> <th>СОЅТ</th> <th>L</th> <th>OCATION</th> <th>DATE/TIME</th> <th></th>	BAYFIELD	PROGRAM	СОЅТ	L	OCATION	DATE/TIME		
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SEAFORTH PROGRAM COST LOCATION DATE/TIME Blood Pressure Clinic FREE Huron Family Health Team 1st Wed, 9-12pm 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 Health & Wellness Cafe \$9 Seaforth Arena 3rd Thursday, 9:30-2		Group Exercise Class	FREE		MacKay Centre			
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Blood Pressure Clinic FREE Huron Family Health Team 1st Wed, 9-12pm 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 Maplewood Manor Wed & Fri, 1:10 pm—Level 1 Maplewood Manor Wed & Fri, 2:15 pm—Level 1 Health & Wellness Cafe \$9 Seaforth Arena 3rd Thursday, 9:30-2					Goderich Place		► Tues, Wed & Fri, 9:15 am—Level 1	
Blood Pressure Clinic FREE Huron Family Health Team 1st Wed, 9-12pm 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 Present the system of the syste	SEAFORTH	PROGRAM	COST		LOCATION		DATE/TIME	
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 Health & Wellness Cafe \$9 Seaforth Arena 3rd Thursday, 9:30-2		Blood Pressure Clinic	FREE		Huron Family H	ealth Team	1st Wed, 9-12pm	
Seaforth Manor Wed & Fri, 1:10 pm—Level 1 Maplewood Manor Wed & Fri, 2:15 pm—Level 1 Health & Wellness Cafe \$9 Seaforth Arena 3rd Thursday, 9:30-2		Foot Care Clinic	\$32/\$27		Maplewood Ma	nor	2nd & 4th Wed, 9:30-4:30pm	
Maplewood Manor Wed & Fri, 2:15 pm—Level 1 Health & Wellness Cafe \$9 Seaforth Arena 3rd Thursday, 9:30-2		Group Exercise Class	FREE		Seaforth Arena		Tues & Thu, 9:30 am— Level 2	
► Health & Wellness Cafe \$9 Seaforth Arena 3rd Thursday, 9:30-2					Seaforth Manor	r	Wed & Fri, 1:10 pm—Level 1	
					Maplewood Ma	nor	Wed & Fri, 2:15 pm—Level 1	
Nordic Poling FREE Arena (meet outside) Mon & Fri, 8:30-9:30am		► Health & Wellness Cafe	\$9		Seaforth Arena		3rd Thursday, 9:30-2	
		Nordic Poling	FREE		Arena (meet ou	tside)	Mon & Fri, 8:30-9:30am	



SOUTH HURON

To register call 1.877.502.8277

PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS

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 9-11 am
Coffee Social	Donation	Trivitt Memorial Church	3rd Thurs, 9:30—10:30 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)

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—Summer days can vary—call ONE CARE to confirm
Foot Care Clinic	\$32/\$27	Shoppers Drug Mart	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
Coffee Social	Donation	Hensall United Church	2nd Wed, 10-11:30 am
Group Exercise Class	FREE	Queensway Retirement	Mon & Wed, 9:15-10:15 am—Level 1
Health and Wellness Café (including Dining and Blood Pressure Clinic)	\$9	Hensall United Church	3rd Thurs, CHAP and Social Games 9:30, Exercise 10:30 am, Lunch 12 pm, Speaker 1 pm—program closed July/ August

ZURICH

PROGRAM	COST	LOCATION	DATE/TIME
BONE HEALTH SERIES	\$5	Bluewater Area Family Health Team—Program Room	Sept 12, 19, 26 and Oct 3, 1-3 pm
Group Exercise Class	FREE	Maplewood Apartment	Tues & Thurs, 10:15-11:15 am—Level 2
		Bluewater Area Family Health Team - Program Room	Wed 9:30 am & Fri 9:30 am—Level 2



NORTH HURON

To register call 1.877.502.8277

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
Health and Wellness Café (includes Blood Pressure) Clinic)	\$9	Trinity Anglican Church	1st Fri, Blood Pressure Clinic & Social Games 10:30 am, Lunch 12 pm, Speaker 1 pm

BRUSSELS

PROGRAM	COST	LOCATION	DATE/TIME
Health and Wellness Café (includes Blood Pressure Clinic)	\$9	United Church	2nd and 4th Thurs—Blood Pressure Clinic and Social Games 9:30 am, Exercise 10:30, 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, 11-11:40 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 Havelock	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
► Fall Prevention Month Kick off event	\$9 (dinner)	Teeswater United Church	Nov 9th at 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	131 John St Program Room and ADP Centre	Every Tuesday 5:30 pm
Crokinole	\$1	Maitland River Church	Wed, 2-4 pm
Foot Care Clinic	\$32/\$27	Wingham Adult Day Centre New Oct 20–131 John St.	1st & 3rd Wed, 9:00 am—4:00 pm
Group Exercise Class	FREE	North Huron Wescast 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

PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS

BLOOD PRESSURE CLINICS

FOOT CARE CLINICS

LOCATION	DATE/TIME	СОЅТ	\$32 first visit, \$27 follow up
Local Community Food Centre	Wed 9:30—11 am with Seniors Luncheon	LOCATION	DAY/TIME
Greenwood Court	1st Thurs, 10:30 am—1 pm		
Kiwanis Centre	3rd Tues, 9:30 am—12 pm	25 Wright Blvd—ONE	1st Tues, 9:30 am - 4:30 pm
		CARE	2nd & 4th Thurs, 9:30 am—4:30 pm

HEALTH AND WELLNESS CAFE

Avon Mennonite Church Multipurpose Room	Local Community Food Centre
1st & 3rd Thurs, 12 pm	Every Wednesday
Cost: \$9	Donation welcome
Exercise Class 9:30 am—(Level 1)	Blood Pressure 9:30—11 am
Blood Pressure—1st Thursday 10:30 am-1 pm	Exercise 10:25 am—(Level 2)
Lunch 12 pm	Lunch 11:30 am
Speaker/Program 1 pm	Speaker 12 pm
INTERESTED IN SHUFFLEBOARD?	Social Games 1 pm
Speak to our Program Coordinator!	Bone Health Program - November 8-29 *pre-registration required

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
	Community of Christ Church—Foyer	Mon & Thurs, 11 am
	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	Mon & Fri, 9:30 am
	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 Starts: Oct 4	19/class
Mat Yoga	Rotary Complex 353 McCarthy Rd.	Mon 9:15 am Starts: Sept. 11	19/class
Pilates	Rotary Complex 353 McCarthy Rd.	Mon 10:30am Starts: Sept. 11	19/class
Price:	\$55/ 13 weeks		

Nordic Poling—FREE

Learn to Pole Walk	Group Walks—meeting Spot
New sessions begin . Mon Sept. 11 ,1-2:30 pm (Wright Blvd of- fice) then Tues/Thurs Sept. 14, 19, 21, 26 and 28 at 9:30 am.— deposit for poles required. Next training session: October 2	Mondays @ 9:00 am at Avondale Cemetery Wednesdays @ 9:00 at Avondale Cemetery Friday @ 9:00 at Allman Arena Parking Lot Poles required!