

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
Visit our website
onecaresupport.ca**

Helping seniors stay healthy, physically active and independent !

Effective January 1, 2014:

You will notice that our class listing has indicated programs that are now being offered for FREE. These classes are being supported by the Ministry of Health (SWLHIN) as a way of helping to promote health and independence.

ALL Participants MUST pre-register before attending a class. You may observe a program before pre-registering if you wish.

Call Cheryl Phillips at 1-877-502-8277 Ext. 2011 (for programs in HURON COUNTY) or Trudy Jonkman 1-877-502-8277 Ext. 2215 (for programs in STRATFORD) to pre-register. You may leave a message and you will receive a call back. Please have your Health Card number available when you call.

Have fun, keep fit and be a volunteer!

Do you like being active and want to share your energy with others? Volunteer to lead a fitness class in your community! We are looking for interested people in Huron and Perth Counties to provide gentle instruction in seniors' exercise and falls prevention classes one to three times a week.

Training is provided in CPR/First Aid, along with exercise for the older adult. If this sounds like something you are interested in, please email volunteering@onecaresupport.ca for more information.



Exercise Class Schedule

To register call 1.877.502.8277



L.I.F.E. (Living Independently Through Fitness and Education)

Group Exercise Program-1 hour class led by a certified Seniors Fitness Instructor through the Canadian Centre for Activity and Aging. Warm-ups, non-impact aerobics, strength, balance and flexibility training. Education included.

Exercise in the Home - 10 gentle exercises designed to prevent falls for the less active taught by qualified Canadian Centre for Activity and Aging instructor, delivered in the home.

Yoga Program - mat and chair program led by certified instructors.

Walking Programs/Nordic Poling - safe indoor environment for community walking programs during inclement weather using Urban Poles.

Life Hikers - 3 hour vigorous hike weekly throughout Huron County. The group is led by Certified Ontario Hike Leaders. Clients must be able to attend independently.

Clinton Fitness Centre - Recumbent exercise bike, elliptical trainer, treadmill, five weight training machines. Yearly membership. Orientation by a Certified Personal Trainer.

Swimming - 1 hour swim class led by qualified instructor. (Huron County only)

Pilates - 1 hour class led by a certified Pilates Instructor geared to older adults

CHAP-Cardiovascular Health Awareness Program - Free Blood Pressure clinics offered monthly to promote cardiovascular health, healthy lifestyles and support regular blood pressure monitoring with linkage to care.

Fitness Assessments - Monitor your progress realize your goal of staying or achieving good health.

Foot Care Clinics - Provided by nurses certified in advanced foot care management.

Dining for Seniors - Hot meals in a community setting provide good nutrition and time together.

STRATFORD

January 2014 (Starts January 6th)

Group Exercise: FREE

River Gardens Fitness Room

Monday & Friday 9-10

Strength & Balance Level 1-Tue/Thur 9-10

Strength & Balance Level 2-Tue/Thur 10-11

Knox Church

Tuesday & Thursday 10-11

YMCA

Wednesday & Friday 2:30-3:30

Anne Hathaway Retirement Home

Seated—Mon/Wed/Fri 9:30-10:10

Seated + Balance –Mon/Wed/Fri 10:15-10:55

Greenwood Court

Seated—Mon/Wed/Fri 2-2:40

Seated + Balance –Mon/Wed/Fri 2:45-3:25

Cedarcroft Place Retirement Home

Seated + Balance—Tue/Thur 1-2

Seated —Tue/Thur 2-3

Other Programs at River Gardens Fitness Room

(Cost associated with these programs)

Chair Yoga- Monday at 1–2, Wednesday at 10-11, Friday at 10:30-11:30

Mat Yoga– Mon at 10:30-11:30, Thurs at 1:30-2:30

Gentle Pilates– Wednesday at 11-12

Nordic Poling– call for current information

Other Fitness: Sarah Merkel's exercise class
Thursday at 6:45 (paid separately)

CHAP Blood Pressure clinics

Held monthly from 9:30 a.m. to noon

1st Tuesday Shoppers Drug Mart, 211 Ontario St.

2nd Tuesday Kiwanis Centre

1st Thursday 90 Greenwood Court (10:30-1 p.m.)

3rd Friday Pharmacy at Jenny Trout, 342 Erie St.

4th Friday West End Pharmacy, 150 Huron St.

Foot Care Clinics

2nd & 4th Thurs of the month 9:30 a.m. to 4:30 p.m.
At Shoppers Drug Mart, 211 Ontario St.

Dining for Seniors

Held at noon

2nd & 4th Wednesday Windmill Gardens

4th Thursday Knox Church

1st & 3rd Thursday Greenwood Court

2nd Thursday River Gardens

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Yoga Program - mat and chair program led by certified instructors.

Walking Programs-safe indoor environment for community walking programs during inclement weather.

Nordic Poling-outdoor walking group using Nordic poles. Instruction provided.

Life Hikers - 3 hour vigorous hike weekly throughout Huron County. The group is led by Certified Ontario Hike Leaders. Clients must be able to attend independently.

Clinton Fitness Centre - Recumbent exercise bike, elliptical trainer, treadmill, five weight training machines. Yearly membership. Orientation by a Certified Personal Trainer.

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Pilates - 1/2 hour class led by a certified Pilates Instructor geared to older adults

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NORTH HURON

January 2014

(programs begin Jan. 6-10th)

BLYTH

Indoor Walking -Mon.-Fri. 1-3 p.m. Blyth Arena

BRUSSELS

Nordic Poling

Thursdays - 9:30-10:30 a.m. Brussels Arena

Group Exercise Program-FREE

Mon. to Thurs. 11:30am-noon-Highland Apts.

WINGHAM

Group Exercise Program - FREE

Mondays and Fridays - 10:30-11:30am

Turnberry Estates

Group Exercise Program-FREE

Tuesdays and Thursdays

9-10 a.m. Westcast Complex

10-11am Westcast Complex

Pilates

Tuesdays and Thursdays

8:30-9 a.m. Westcast Complex

New FREE community group exercise classes coming in Blyth and Brussels in March!

(instructors needed!!!)

CHAP Blood Pressure clinics

held monthly 9:30 a.m. - 12 noon

Brussels 1st Thursday at Family Health Team

Lucknow 3rd Tuesday at Lucknow Med. Clinic (9-1130)

Wingham Last Tuesday at Rexall

Foot Care Clinics 9:30 a.m. - 4:30 p.m.

Brussels 3rd Thursday at Family Health Team (FHT)

Lucknow 3rd Tuesday at FHT

Wingham 1st & 3rd Wednesday at ONE CARE

Dining for Seniors

Blyth 1st Friday - noon - Trinity Anglican Church

Brussels 2nd & 4th Thursday - noon - United Church

Howick 3rd Thursday-noon - Fordwich Nursing Home

St. Helens Last Wednesday - noon - St. Helen's Hall

Teeswater 2nd & 4th Thursday - 5:30 - United Church

Wingham Tuesdays at 5:30 p.m. - Adult Day Centre

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CENTRAL HURON

January 2014

BAYFIELD

Total Bodyfit Group Exercise Program-FREE
Mon.— 8:45-10:15am, Wed.— 9 -10:15am Fri. - 9 -10:30am

Bayfield Arena

Stronger Seniors Group Exercise Program-FREE

Mon. and Wed.— 10:20-11:20am-Bayfield Arena

Yoga

Tuesdays— 10-11am Bayfield Town Hall

Nordic Poling— Meet at 6 Main St.

Women -Tues. and Thurs. 8:30-9:30am

Moderate group-9-10am

CLINTON

Fitness Centre

Monday to Friday - 8 a.m. to 4 p.m. Betty Cardno Centre

Group Exercise Programs-FREE

Monday - 9-10 am Betty Cardno Centre

Thursday -9:10am Betty Cardno Centre

Sibyl's Yoga and Circuit Training

Mondays-10:30-11:30am Betty Cardno Centre

Wednesdays 9-10:30 a.m. Betty Cardno Centre

Life Hikers

Fridays- 8 a.m to noon Betty Cardno centre

Group Exercise Program-FREE

Mon. 1-1:40pm Anfield Manor Retirement Home

Wed. and Fri. —10-10:40am Anfield Retirement Home

GODERICH

Group Exercise Program-FREE

To be announced

SEAFORTH

Group Exercise Programs-FREE

Tuesday & Friday 9:30-10:30a.m. Seaforth Agriplex

To be announced

Seaforth Manor Ret. Hm.

To be announced

Maplewood Manor

Nordic Poling

Monday & Friday 8-9 a.m. Seaforth Arena

CHAP Blood Pressure Clinics

Held monthly 9:30-noon

Clinton 4th Monday Betty Cardno Centre

Goderich 2nd Tuesday Shoppers Drug Mart

Seaforth 1st Wednesday Family Health Team

Foot Care Clinics 9:30 a.m. - 4:30 p.m.

Clinton 2nd & 4th Tuesday Betty Cardno Centre (9-4)

Seaforth 2nd & 4th Wednesday Maplewood Manor

Goderich 2nd Wednesday Huron Haven

2nd Thursday Goderich Legion

Dining for Seniors

Clinton Wednesdays noon Betty Cardno Centre

Seaforth 3rd Thursday noon Community Centre

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SOUTH HURON January 2014 (programs begin the week of January 6-10)

EXETER

Indoor Walking

Monday to Friday - 8-10am Exeter Arena

Group Exercise Programs-FREE

Tues. and Fri.- 9:30-10:30am CRC Church
Mon. Wed. Fri. - 3:45-4:25pm Towerview Apts
Mon. Wed. Fri. - 9:10-9:50am Exeter Villa RH
To be announced Riverview Est.

HENSALL

Indoor Walking

Tuesday to Thursday - 8-10am Hensall Arena

Group Exercise Program-Free

To be announced Queensway Retirement Home

ZURICH

Indoor Walking

Tuesday to Thursday -8-10am Zurich Arena

Group Exercise Program-FREE

To be announced Maplewoods and Birchwood Apts.

CHAP Blood Pressure Clinics

Hensall - 3rd Tuesday at Hensall United Church
(10:30am-noon)

Exeter-- 3rd Monday at ONE CARE Office
(9:30am-noon)

Foot Care Clinics 9:30 a.m. - 4:30 p.m.

Exeter 1st & 3rd Wed at 54 Thames Rd. W

Grand Bend 4th Monday Shoppers Drug Mart

Dining for Seniors

Exeter Tuesday at noon Lion's Youth Centre

Hensall 3rd Thursday at noon United Church

Grand Bend 2nd&4th Thursday at noon
Anglican Church

Zurich Wednesday at noon Bluewater Rest Home

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