

As we prepare to enter fall season and getting back into routines, why not consider trying something new this year? We have some new or returning opportunities in our wellness services in addition to our ongoing programs.

Bayfield will be hosting a Southwestern Ontario Urban Poling Day on Sept 29, 2016. For our clients that are familiar with poling, join in a day of guided walks of varying lengths through highlighted areas, post walk yoga and stretching, social and networking time and an opportunity to find out more about Urban Poling at the Seniors Games of Ontario. Call our office for more details! We have introduction courses running in both Clinton and Stratford in September. Check your schedule page for details.

In Stratford we have new classes introduced starting Sept 16 for 10 weeks in both NIA Moving to Heal and Ageless Grace (seated program). These classes bring fun movement and mind/body connection in a format to promote healthy aging and activity for everyone.

In Huron County, Wed Oct 5 also kicks off the return of Sybil's Sweat and Yoga combo class in Clinton on Wednesdays 9-10:15 am and in Bayfield our yoga program with Cynthia also is returning on Tuesday mornings at 9 am. Call to register today!

<p>Group Exercise Program— 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>Clinton Fitness Centre— Recumbent exercise bike, elliptical training, treadmill, 5 weight machines, 6 month membership. Orientation and program provided.</p>	<p>Fitness Assessments - Monitors your progress in core health indicators. Watch for news through your instructor of our next assessment date in your area.</p>
<p>Yoga - mat yoga, chair yoga and strength/stretch yoga programs led by certified instructors.</p>	<p>Nordic Poling - outdoor group walks using poles</p>	<p>LifeHikers—2-3 hr vigorous hiking. Led by Certified Ontario Hike Leaders</p>
<p>Pilates/NIA/Ageless Grace - led by certified Instructors geared to older adults</p>	<p>CHAP-Cardiovascular Health Awareness Program - Free Blood Pressure clinics offered.</p>	<p>Foot Care Clinics - Certified Nurses: advanced foot care management</p>
<p>Congregate Dining—Meal followed by speaker or entertainment:\$9 — special diets accommodated</p>	<p>Health and Wellness Café - CHAP Blood Pressure Clinic, Group Exercise Class, Lunch, Health Education/Guest Speaker and social games.</p>	<p>Social Programs—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.

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

PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS

BAYFIELD

PROGRAM	COST	LOCATION	DATE/TIME
Congregate Dining	\$9	Arena- 4 Jane St. (Upstairs)	2nd, 3rd, 4th, 5th, Thurs—12 pm
Exercise Class	FREE	Arena—4 Jane St. (Upstairs)	Tues & Fri (Early Risers), 7:45—Level 3 Mon, Wed, Fri (Bodyfit 1), 9-10:15am—Level 3 Mon, Wed, Fri (Bodyfit 2), 10:30 am—Level 2 Mon, Wed (Sit Fit), 10:30 am—Level 1
Poling ** Special Poling Day Sept 29, 2016—call for details!	FREE	6 Main St (meet outside building)	Mon & Thurs (Men's), 8:30am Tues & Thurs (Women's), 9:00 am Wed (Women's) Long Distance, 8:30 am Sun (Co-Ed), 9:00 am
Yoga	\$50/session	Town Hall (11 The Square)	Tuesdays at 9:00 am—starts Oct 4—10 wks

CLINTON

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Betty Cardno Centre	4th Mon, 9:30-12pm
Congregate Dining	\$9	Betty Cardno Centre	Wed, 12pm
Euchre	\$1	Betty Cardno Centre	Mon, 1 pm (if stat holiday come Tues)
Fitness Centre (6 months)	\$137.50	Betty Cardno Centre	Drop in Mon—Fri, 8:30 am—12:30pm
Foot Care Clinic	\$30/\$25	Betty Cardno Centre	2nd & 4th Tues, 9-4pm
Group Exercise Class	FREE	Betty Cardno Centre	Mon & Thurs, 9 am —Level 2 & 3
		Anfield Manor	Mon, Thurs 10 am—Level 1
		Heartland Apartments	Tues & Thurs, 3 pm—Level 1
Sweat and Stretch (Yoga)	\$55	Betty Cardno Centre	Wed 9 am (Oct 5-Dec 14)
Poling (Intro/Refresher)		Betty Cardno Centre	Wed 8:45 (Sept 7-28)
LifeHikers	FREE	Betty Cardno Centre	Fri, 8-11 am

GODERICH

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	MacKay Centre	1st Tues, 9:30-12pm
Foot Care Clinic	\$30/\$25	Huron Haven	2nd Wed, 9:30-4:30pm
		Goderich Legion	2nd Thurs, 9:30-4:30pm
Group Exercise Class	FREE	MacKay Centre	Mon, 9:30 and 10:30 am—Level 3 Wed, Fri 10 am—Level 3
		Huron Haven	Mon & Thurs, 1pm—Level 2
		Goderich Place	Tues, Wed & Fri, 9:30 am—Level 1

SEAFORTH

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Huron Family Health Team	1st Wed, 9-12pm
Congregate Dining	\$9	Arena	3rd Thurs, 12pm
Foot Care Clinic	\$30/\$25	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	First Presbyterian Church	1st Thurs, 9:30-2pm
Nordic Poling	FREE	Arena	Mon & Fri, 9-10 am

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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
Carpet Bowling	\$2	Lions Youth Centre	Mon, 9 am—12 pm (October—April)
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	\$30/\$25	Exeter Day Centre in Hospital Basement	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
Congregate Dining	\$9	St. John's Anglican Church	2nd & 4th Thurs, 12 pm
Foot Care Clinic	\$30/\$25	Shoppers Drug Mart	4th Tues, 9:30-4:30 pm

HENSALL

PROGRAM	COST	LOCATION	DATE/TIME
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
Indoor Walking	FREE	Arena	Tues-Thurs, 8-10 (October—April)

ZURICH

PROGRAM	COST	LOCATION	DATE/TIME
Group Exercise Class	FREE	Maplewood Apartment	Tues & Thurs, 10:15-11:15 am—Level 2
		West Huron Care Centre	Wed 10 am & Fri 9:00 am—Level 2
Indoor Walking	FREE	Arena	Tues-Thurs, 8-10 am (October—April)

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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 Mon, Blood Pressure Clinic & Social Games 10:30 am, Lunch 12 pm, Speaker 1 pm
Indoor Walking	FREE	Arena	Mon—Fri 1-3 pm (October—April)

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	\$30/\$25	Brussels Medical Centre	3rd Thurs, 9:30 am - 4:30 pm
Group Exercise Class	FREE	Highland Apartments	Mon, Tues and Thurs, 1:30—2:10 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
Blood Pressure Clinic	FREE	Medical Centre	3rd Tues, 9:30 am –12 pm
Congregate Dining	\$9	St. Helen's Community Hall	Last Wed, 12 pm
Foot Care Clinic	\$30/\$25	Medical Centre	3rd Tues, 9:30 am—4:30 pm
Group Exercise Class	FREE	St. Helen's Community Hall	Tues & Thurs 9:30 am—Level 2

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	Rexall Pharma Plus	Last Tues, 9:30 am—12 pm
Congregate Dining	\$9	131 John St. - Program Room and ADP Centre	Every Tuesday 5:30 pm
Crokinole	\$1	Program Room—131 John St.	Wed, 1-3 pm
Foot Care Clinic	\$30/\$25	Wingham Adult Day Centre New Oct 20—131 John St.	1st & 3rd Wed, 9:30 am—4:30 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
Pilates	\$1.50/class	North Huron Wescast Centre	Tues /Thurs 8:30—9:00 am



STRATFORD

To register call 1.877.502.8277

We also offer programs in other communities.

For info visit

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, 10:30 am—1 pm
St. Stephen's Anglican Church	2nd Thurs, 10:30 am—12 pm
Sobey's Huron/O'Loane	2nd Fri, 9:00-10:30 am - Seniors Breakfast
Kiwanis Centre	3rd Tues, 9:30 am—12 pm
Knox Presbyterian Church	Last Fri, 10:30 am—12 pm

FOOT CARE CLINICS

COST	LOCATION	DATE/TIME
\$30 first visit, \$25 follow up	25 Wright Blvd—ONE CARE	3rd Tues, 9:30 am - 4:30 pm
	Shoppers Drug Mart (Ontario St.)	2nd & 4th Thurs, 9:30 am—4:30 pm

CONGREGATE DINING

COST	LOCATION	DATE/TIME
\$9	Greenwood Court	1st & 3rd Thurs, 12 pm
	Knox Presbyterian Church	Last Fri, 12 pm
	St. Stephen's Church	2nd Thursday, 12 pm

HEALTH AND WELLNESS CAFE

Every Wednesday at the Local Community Food Centre.
 Blood Pressure 9:30—11 am
 Exercise 10:25 am—(Level 2)
 Lunch 11:30
 Speaker 12 pm
 Social Games 1 pm
 NEW** Urban Poling Coffee Social 1 pm
 Donation welcome.

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	Bethel Pentecostal Church—Gymnasium	Tues & Thurs, 9:00 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, 10:15 am
	Knox Church—June—Sept in the Amphitheatre	Tues & Thurs, 10 am

Wellness Classes—fees vary—ask upon registration

Program	LOCATION	DATE/TIME	Maximum #
Chair Yoga	25 Wright Blvd.—ONE CARE in the program room	Mon 1 pm Wed 10 am	20/class
Mat Yoga		Mon 9:15 am Thurs 11 am	15/class
Pilates		Mon 10:45am Wed 4:45 pm	15/class
NIA		Fri 9:15 am	12/class
Ageless Grace		Fri 11 am	8/class

Nordic Poling—FREE

Learn to Pole Walk	Group Walks—meeting Spot
Sept 6—Tues and then every Monday/Friday—ends Sept 30—9:30 am	Tuesday, 9:30 Avondale Cemebary
Oct 3—Monday/Friday except Thanksgiving—5:00 pm	Thursday, 5:30 Allman Arena Parking Lot