

As the holidays approach, we invite you to celebrate with us at one of our Community Dining Programs. Come to meet your friends or bring a friend or family member to enjoy seasonal entertainment and a traditional turkey dinner for just \$12.00. Pre-registration is required. Check out the location nearest you.

December 1st – Blyth December 6th –Clinton December 7th– Stratford, Brussels, Hensall
December 12th– Exeter, Wingham December 14th– Grand Bend, Seaforth, Bayfield, Teeswater

Wondering if your program is cancelled with winter weather? Please call our **Cancellation Line at 1-888-482-1634 and enter Ext.2230** after 8:30am to hear up to date class and program cancellations. Our Falls Prevention and Wellness classes and our dining programs will be taking a break from **December 18-January 2**. We hope you enjoy your holidays and look forward to serving you in 2018!

Do you know your numbers? Try out our CHAP Blood Pressure monitoring programs to get great information and have your blood pressure monitored in a comfortable community setting.

<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 trainer, 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 NIA—low impact dance infused movement</p>	<p>Nordic Poling - outdoor group walks using Nordic poles. Training sessions are available Total Body Stretch—restorative stretching, yoga and breathing</p>	<p>LifeHikers—2-3 hr vigorous hike. Led by Certified Ontario Hike Leaders Walking Program—October—April indoor walking - pedometer tracking available.</p>
<p>Pilates 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
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.	Early Risers: Tues and Fri at 7:45—Level 3 Total Body Fit 1—Tues and Fri at 9:00 - Level 3 Total Body Fit 2—Tues and Fri at 10:30—Level 2 Sit Fit—Tues and Fri 10:30—Level 1
Poling	FREE	6 Main St (meet outside building)	Mon & Thurs (Men's), 8:30am Tues & Thurs (Women's), 9:00 am Wed (Women's Longer Distance), 8:30am
Nia	FREE	Arena— 4 Jane St.	Tuesdays at 5:30 pm
Total Body Relax	FREE	Town Hall	Thursdays at 5:30 pm

CLINTON

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Betty Cardno Centre	2nd Tues, 10:30 am—12 pm 4th Mon, 9:30-12 pm
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	\$32/\$27	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, 10 and Thurs 10-11am—Level 1
		Heartland Apartments	Tues & Thurs, 11am– noon—Level 1
		► 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, 11-12pm
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 *class is full	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
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
Nordic Poling	FREE	Arena (meet outside)	Mon & Fri, 8:30-9:30am

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 10— am—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)

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	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
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
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

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 10am-Noon, Exercise 11-Noon, 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 am

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

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
Crokinole	\$1	Maitland River Church	Wed, 2-4 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

PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS

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
Kiwanis Centre	3rd Tues, 9:30 am—12 pm

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

HEALTH AND WELLNESS CAFE

<p><u>Avon Mennonite Church Multipurpose Room</u> 1st & 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!</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 Bone Health Program - November 15—Dec. 6 *pre-registration required</p>
---	---

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, 10 am (Winter hours)
	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: Jan 3-Mar 28 Cost: \$55	19/class
Mat Yoga	Rotary Complex 353 McCarthy Rd.	Mon 9:15 am Start: Jan 8-Mar 19 Cost: \$42	19/class
Pilates	Rotary Complex 353 McCarthy Rd.	Mon 10:30am Start: Jan 8-Mar 19 Cost: \$42	19/class

Nordic Poling—FREE

Learn to Pole Walk	Group Walks—meeting Spot
<p>New sessions begin in the spring. Please call ahead to register</p> <p>Deposit for poles required.</p> <p>Next training session: Spring 2018</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>