

**Happy 2017!**

We have many opportunities for you to continue to be active both inside and outside as we enter the winter season. Keep your new year's health goals by joining a group activity to keep motivated.

Coming in March 2017 is our Bone Health program in Wingham, Ontario. This program is a 4 week session that provides information about improving your knowledge about maintaining or improving your bone health! If you have osteoporosis or osteopenia, you would benefit greatly from this program.

New to Stratford area is an Independent Walking program. Sign up for the monthly challenge and receive a free tracking form and pedometer for use during the program. If you are looking for a more structured opportunity, there is a new group run through Run and Walk "RAW" starting Jan 12, 2016 for a weekly accelerated group indoor walking program. The program takes place at the Stratford Burnside Agriplex and will focus on an instructor led program of walking drills and circuit training. Cost will be \$12 for 9 weeks of programming, taking place Thursdays from 1:30—2:30 pm. Register at the Kiwanis Community Centre or call [519-271-4310](tel:519-271-4310). \$25 membership for SLAAA required,

<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 training, 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 led by certified instructors.</p>	<p><b>Nordic Poling</b> - outdoor group walks using poles</p>	<p><b>LifeHikers—</b>2-3 hr vigorous hiking. Led by Certified Ontario Hike Leaders</p>
<p><b>Pilates/NIA</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</p>	<p><b>Health and Wellness Café</b> - CHAP Blood Pressure Clinic, Group Exercise Class, Lunch, Health Education/Guest Speaker and social games.</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.**

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](http://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 Total Body Fit 1—9:00 - Level 3 Total Body Fit 2—10:30—Level 2 Sit Fit—10:30—Level 1
Poling	FREE	6 Main St (meet outside building)	Mon & Thurs (Men's), 8:30am Wed & Thurs (Women's), 9:00 am
Yoga	\$50/session	Town Hall (11 The Square)	Tuesdays at 9:00 am—starts February 2016

**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	\$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, Thurs 10 am—Level 1
		Heartland Apartments	Tues & Thurs, 3 pm—Level 1
Sweat and Stretch (Yoga)	\$50	Betty Cardno Centre	Wed 9 am (Jan 4—Mar 8)
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	\$32/\$27	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 Fri 9:30 am and 10:30 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	\$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	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
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	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
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	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 Fri, 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	\$32/\$27	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, 9:00am—11:30 am
Congregate Dining	\$9	St. Helen's Community Hall	Last Wed, 12 pm
Foot Care Clinic	\$32/\$27	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	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, 9:30 am—4:30 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
Pilates	\$1.50/class	North Huron Westcast Centre	Tues /Thurs 8:30—9:00 am

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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
Kiwanis Centre	3rd Tues, 9:30 am—12 pm
Knox Presbyterian Church	Last Fri, 10:30 am—12 pm
Stratford Christian Reform Church	4th Thurs, 10 am—11:00 am

**FOOT CARE CLINICS**

COST	LOCATION	DAY/TIME
\$32 first visit, \$27 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	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 Donation welcome.
	Knox Presbyterian Church	Last Fri, 12 pm	
	St. Stephen's Church	2nd Thursday, 12 pm (guest speaker at 11:30am)	

**HEALTH AND WELLNESS CAFE**

**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—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	19/class
Mat Yoga	Rotary Complex 353 McCarthy Rd.	Mon 9:15 am	19/class
Pilates	Rotary Complex 353 McCarthy Rd.	Mon 10:30am	19/class
NIA	To be Announced	Fri 9:15 am	6/class

**Nordic Poling—FREE**

Learn to Pole Walk	Group Walks—meeting Spot
No sessions until April 2016	Tuesdays @ 9:30am at Avondale Cemetery Thursday @ 5:30 at Allman Arena Parking Lot

**Walking Program—FREE**

NEW: Sign up for our Walking Program—walk when and where you prefer but sign up for our monthly challenge each month and sign out a Pedometre for tracking.
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