



## Community Health & Wellness News—Winter 2016

*Promoting physical activity, health, and independence!*

### Happy New Year!

We hope you had a wonderful Christmas and are looking forward to serving you in 2016! This newsletter will connect you with a variety of programs available to support healthy and independent living in our communities in Huron and Perth.

Our Stratford Office is relocating for January 2016 and will now be at 25 Wright Blvd on the main floor of the Magest Building. This will impact the location of some of our programs in Stratford so please check the schedule for updates on program times and locations in this area.

In Clinton, our fitness centre has new operating hours. Monday to Friday it will be available from 8:30 am to 12:30 pm. Our staff are available to assist you with your questions, to provide tips for technique and safety and to support your workout program development to progress to your next goals.

Take a look at our programs and consider trying a new class or service to support your health and wellness in 2016.

<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 <b>Indoor Walking</b>—independent walking at local arenas</p>	<p><b>LifeHikers</b>—3 hr vigorous hiking. Led by Certified Ontario Hike Leaders</p>
<p><b>Pilates</b> - class led by a certified Pilates Instructor 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
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 (Bodyfit 2), 10:30 am—Level 2
Poling	FREE	6 Main St (meet outside building)	Mon & Wed (Men's), 8:30am Tues & Thurs (Women's), 8:30am Sun (Co-Ed), 8:30am
Yoga	\$40/session	Town Hall (11 The Square)	Tues, 9-10am

**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	FEE—Call for Details	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 1 pm, Wed 10 am—Level 1
		Heartland Apartments	Tues & Thurs, 3-4pm—Level 1
LifeHikers	FREE	Betty Cardno Centre	Fri, 8-12pm
Strength & Stretch Yoga	\$5/class	Betty Cardno Centre	Wed, 9-10:15 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	Agriplex	Tues & Fri, 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	
Carpet Bowling	\$2	Lions Youth Centre	Mon, 9 am—12 pm (October)
Coffee Social	Donation	Hansen's Independent	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
		Exeter Arena	Mon & Wed, 2:00 pm—Level 2
		Exeter Villa	Mon & Wed 9 am—Level 1
Indoor Walking	FREE	Exeter Arena-Hall	Mon-Fri, 8-10 am (until May)

**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 Mon, 9:30-4:30 pm

**HENSALL**

PROGRAM	COST	LOCATION	DATE/TIME
Coffee Social	\$1	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 (until May)

**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 (Until May)

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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 (until May)

**BRUSSELS**

PROGRAM	COST	LOCATION	DATE/TIME
Blood Pressure Clinic	FREE	Brussels Medical Centre	1st Thurs, 9:30 am—12 pm
Congregate Dining	\$9	United Church	2nd and 4th Thurs, 12 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
Blood Pressure Clinic	FREE	Fordwich Village Nursing Home	3rd Thurs, 10:15-11:15 am
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. - ONE CARE Office and ADP building	Every Tuesday 5:30 pm
Crokinole	\$1	Maitland River Church	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 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



# STRATFORD

To register call 1.877.502.8277

We also offer programs in other communities.  
For info visit [www.onecaresupport.ca](http://www.onecaresupport.ca)

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## BLOOD PRESSURE CLINICS

LOCATION	DATE/TIME
Local Community Food Centre	Wed 9:30—11 am
Greenwood Court	1st Thurs, 10:30 am—1 pm
Shoppers Drug Mart (Ontario St)	2nd Tues, 9:30 am—12 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

## CONGREGATE DINING

COST	LOCATION	DATE/TIME
\$9	Greenwood Court	1st & 3rd Thurs, 12 pm
	Knox Presbyterian Church	Last Fri, 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/Gardening 1 pm  
 Meal Donation welcome.

## FOOT CARE CLINICS

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

## GROUP EXERCISE CLASS—FREE

LEVEL	LOCATION	DATE/TIME
1	Anne Hathaway Retirement	Mon, Tues, Wed, & Thurs, 9:30 am
	Cedarcroft Place Retirement	Tues & Thurs, 2 pm
	Greenwood Court	Mon, Tues, Thurs & Fri, 9:30 am
2	25 Wright Blvd- ONE CARE ** MAX CAPACITY—24 PEOPLE	Tues & Thurs, 9 am (starts Jan 11)
	Community of Christ Church	Mon & Thurs, 11 am
	Romeo Court	Mon & Fri, 10 am
	St. Stephens Anglican Church	Mon & Wed, 4:00 pm
	The Local Community Food Centre	Wed 10:25 am
3	Bethel Pentecostal Church	Mon & Fri, 9:30 am
	Bethel Pentecostal Church	Tues & Thurs 10 am
	Knox Church	Tues, Wed & Thurs ,10 am

## YOGA AND PILATES—\$50/SESSION, Drop In \$5/class (if available)

Program	LOCATION	DATE/TIME	Maximum Enrollment
Chair Yoga	25 Wright Blvd.—ONE CARE in the program room	Mon 1 pm Wed 10 am	24/class
Mat Yoga		Mon 9:15 am Thur 11:15 am	15/class
Pilates		Wed 11:15 am	15/class