



Community Health & Wellness News-WINTER 2019

Promoting physical activity, health, and independence!

Welcome to our 2019 Newsletter...

Are you interested in improving your physical fitness?

Drop in to see any of our Falls Prevention exercise classes listed on the following pages, you may participate by signing in our Guest Form located at each class site, then call our Intake Department at

1-877-502-8277 to register

OR

Join our Seniors Gym – a great Fitness Centre geared to the older adult, complete with aerobic and weight machines. \$137.50 gets you a 6 month membership, orientation to equipment provided!

317 Huron St. Clinton Lower Level

Call 1-887-502-8277 Ext. 2011 for more info or come in and talk to our staff!

<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 hour vigorous hike. Led by Certified Ontario Hike Leaders Indoor Walking Program: October - April indoor walking (pedometers 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, some sites include CHAP Blood Pressure Clinic and an exercise program</p>		<p>Social Programs: Coffee Social, Bingo, 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	DAY/TIME
	Blood Pressure Clinic	FREE	Pharmasave	1st Thurs: 11am-1pm
	Congregate Dining	\$9	Arena 4 Jane St.	2nd, 3rd, 4th, 5th, Thurs: 12pm, Program 1pm
	Exercise Class	FREE	Arena 4 Jane St.	Early Risers: Tues and Fri at 8am - Level 3 Total Body Fit 1: Mon and Wed at 9am - Level 3 Total Body Fit 2/Sit Fit: Mon, Wed at 10:30am, Fri at 9:30am - Level 2
	Poling	FREE	HIVE 13 Main St N Beside ShopBike (meet outside building)	Mon & Thurs (Men's): 8:30am 1 hr. walk Tues & Thurs (Women's): 9am 1 hr. walk Wed (Women's Longer Distance): 9am Sun (Co-ed): 9am
	Badminton (Jan. 9 for 9 wks.)	\$25.00	Varna Complex	Wed: 7pm Co-ed

CLINTON	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Betty Cardno Centre	4th Monday: 9am-1pm 2nd Wed: 10:30am-12pm at Diners
	Congregate Dining	\$9	Betty Cardno Centre	Wed: 12pm, Program at 1pm
	Euchre	\$1	Betty Cardno Centre	Mon: 1 pm (if stat holiday come Tues)
	Fitness Centre	\$137.50/ 6 months	Betty Cardno Centre	Drop in Mon-Fri: 8:30am-12:30pm
	Foot Care Clinic	\$32/\$27	Betty Cardno Centre	2nd and 4th Tues: 9am-4pm
	Group Exercise Class	FREE	Betty Cardno Centre	Mon and Thurs: 9-10am Levels 2 & 3
Anfield Manor			Mon and Thurs: 10-11am Level 1	
Heartland Apartments			Mon and Thurs: 1-2pm Level 1 As of Oct. 15 until Dec. 13	
	LifeHikers	FREE	Betty Cardno Centre	Fri: 8-11 am

GODERICH	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Mackay Centre	1st Tues: 10:30am-12pm
	Foot Care Clinic	\$32/\$27	Huron Haven	2nd Wed: 9:30am-4:30pm
			Goderich Legion	2nd Thurs: 9am-4pm
	Group Exercise Class *class is full	FREE	Mackay Centre * (must register/call prior to attending)	Mon, Wed and Fri: 9:30 and 10:30am Level 3
			Huron Haven	Mon and Thurs: 1pm Level 2
			Goderich Place	Tues and Fri: 9:30am Level 1 Wed: 9:15am Level 1

SEAFORTH	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Huron Family Health Team	1st Wed: 9am-12pm 3rd Thurs at Diners at Seaforth Arena: 10:30-11:45am
	Foot Care Clinic	\$32/\$27	Maplewood Manor	2nd and 4th Wed: 9:30am-4:30pm
	Group Exercise Class	FREE	Seaforth Arena	Tues and Thurs: 9:30am Level 2
			Seaforth Manor	Wed and Fri: 1:10pm Level 1
			Maplewood Manor	Wed and Fri: 2:15pm Level 1
	Congregate Dining	\$9	Seaforth Arena	3rd Thurs: 12pm, Program 1pm
	Poling	FREE	Arena (meet outside)	Mon & Fri: 8:30-9:30am



SOUTH HURON
To register call **1.877.502.8277**

We also offer programs in other communities.
For info visit
www.onecaresupport.ca

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EXETER	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Lions Youth Centre	2nd Tues: 10-11:30am
Riverview Estates Clubhouse			Last Wed: 9:30 -10:30am	
Guardian Pharmacy			1st Thurs: 9am-12pm	
Coffee Social	Donation	Trivitt Memorial Church	3rd Thurs: 9:30-11am	
Congregate Dining	\$9	Lions Youth Centre	Tues: 12pm, Program 1pm	
Foot Care Clinic	\$32/\$27	South Huron Hospital Base-ment Entrance– Ann St	1st and 3rd Wed: 9:30am-4:30 pm	
Group Exercise Class	FREE	Christian Reform Church	Tues and Fri: 9:30am Level 3	
		Exeter Villa	Mon and Wed: 11am Level 2	
Indoor Walking	FREE	Exeter Arena-Hall	Mon-Fri: 8-9:30am (Oct 9 - Apr)	

GRAND BEND	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	St. John’s Anglican Church	2nd Thurs: 10:30-11:45am
Congregate Dining	\$9	St. John’s Anglican Church	2nd and 4th Thurs: Lunch 12pm, Program 1pm	
Foot Care Clinic	\$32/\$27	Grand Bend Legion	4th Tues: 9:30-4:30 pm	

HENSALL	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Northcrest Apartments	2nd Wed: 9:30-11am
Group Exercise Class	FREE	Queensway Retirement	Mon and Wed: 9:15-10:15am Level 1	
Congregate Dining and CHAP Blood Pressure Clinic	\$9	Hensall United Church	3rd Thurs: CHAP 10:30-11:45am Lunch at 12pm	

ZURICH	PROGRAM	COST	LOCATION	DAY/TIME
	Group Exercise Class	FREE	Maplewood Apartment	Tues and Thurs: 10:15-11:15 am Level 2
Bluewater Area Family Health Team - Program Room			Wed and Fri: 9:30 am Level 2	



NORTH HURON
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BLYTH	PROGRAM	COST	LOCATION	DAY/TIME
	Group Exercise Class	FREE	Christian Reform Church	Mon and Fri: 9:30 am
	Congregate Dining and CHAP Blood Pressure Clinic	\$9	Trinity Anglican Church	1st Fri: Blood Pressure Clinic 10:30-11:45am, Lunch 12pm, Program 1pm

BRUSSELS	PROGRAM	COST	LOCATION	DAY/TIME
	Congregate Dining and CHAP Blood Pressure Clinic	\$9	United Church	2nd & 4th Thurs: Lunch 12pm, Program 1pm CHAP Blood Pressure Clinic 2nd Thurs: 10am-11:45am
	Foot Care Clinic	\$32/\$27	Maple View Villa Apt	3rd Thurs: 9:30 am-4:30 pm
	Group Exercise Class	FREE	Highland Apartments	On hold as of Nov. 1

FORDWICH	PROGRAM	COST	LOCATION	DAY/TIME
	Congregate Dining	\$9	Fordwich Village Nursing Home	3rd Thurs: Lunch 12 pm Program 1pm

LUCKNOW/ ST HELEN'S	PROGRAM	COST	LOCATION	DAY/TIME
	Congregate Dining	\$9	St. Helen's Community Hall	Last Wed: Lunch 12pm Program 1pm
	Foot Care Clinic	\$32/\$27	Medical Centre -691 Havelock	3rd Tues: 9:30am-4:30pm

TEESWATER (GREY COUNTY)	PROGRAM	COST	LOCATION	DAY/TIME
	Congregate Dining	\$9	Teeswater United Church	2nd and 4th Thursday: 5:30pm

WINGHAM	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Royal Oak Remedy's Rx 131 John St. E.	4th Mon: 9:30 am-12 pm
	Congregate Dining	\$9	183 Victoria St. W, Wingham Wingham Legion	Every Tues: 5:30 pm
	Foot Care Clinic	\$32/\$27	Wingham Adult Day Centre Family Health Team 2nd Floor	3rd Wed: 9:00am-4:00pm 1st and 4th Wed: 9:00am-4:00pm
	Group Exercise Class	FREE	North Huron Westcast Centre	Tues and Thurs: 9-10am Level 3 Tues and Thurs: 10-11am Level 1
			Turnberry Estates Clubhouse	Mon and Fri :10am Level 2



STRATFORD

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BLOOD PRESSURE CLINICS

LOCATION	DAY/TIME
Local Community Food Centre	Wed: 10-11am with Seniors Luncheon
Greenwood Court	1st Thurs: 10:30am-Noon
SLAAA- Rotary Arena-Ritsma Room	3rd Tues: 10:30-11:30am

FOOT CARE CLINICS

COST	LOCATION	DAY/TIME
\$32 first visit, \$27 follow up	ONE CARE 25 Wright Blvd	1st Tues: 9:30am-4:30pm 2nd and 4th Thurs: 9:30am -4:30pm

CONGREGATE DINING (INCLUDING CHAP, EXERCISE & PROGRAM)

Avon Mennonite Church Multipurpose Room	Local Community Food Centre
<p>1st & 3rd Thursday at 12 pm Cost: \$9 Exercise Class 9:30 am -(Level 1) Blood Pressure -1st Thursday 10:30 am-Noon Lunch 12 pm Speaker/Program 12:30 pm INTERESTED IN SHUFFLEBOARD? Speak to our Program Assistant Terri!</p>	<p>Every Wednesday Donation welcome Blood Pressure 10:00 -11 am Exercise 10:25 am -(Level 2) Lunch 11:30 am Speaker 12 pm Social Games 1 pm</p>

NORDIC POLING - FREE

<p>New sessions begin in APRIL 2019 Please call ahead to register!</p> <p>Learn to Pole Walk</p> <p>1 hour Group Walks - meeting Spot</p> <p>Deposit for poles required.</p>
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GROUP EXERCISE CLASS - FREE

LEVEL	LOCATION	DAY/TIME
1	Anne Hathaway Retirement - Activity Room	Mon, Wed, Thurs and Fri: 9:30am
	Cedarcroft Place Retirement - Activity Room	Tues and Thurs: 2pm
	McCarthy Place Retirement - Lounge	Mon and Wed: 9am
	Greenwood Court - Multipurpose Room	Mon, Tues, Thurs and Fri: 9:30am
2	Christian Reformed Church-190 Athlone Cres - Gymnasium	Mon and Thurs: 9:30am
	Community of Christ Church - Foyer Men's Strength	Mon and Thurs: 11am Wed: 9:30am
	Romeo Court - Activity Room	Mon and Fri: 10am
	St. Stephens Anglican Church - Lower Level	Mon and Wed: 4:00pm
	The Local Community Food Centre - Rear Dining Hall	Wed: 10:25am
3	Bethel Pentecostal Church - Gymnasium	Mon and Fri: 10am Tues and Thurs: 10am
	Knox Church - in basement level	Tues and Thurs: 10am

WELLNESS CLASSES (fees vary - ask upon registration)

PROGRAM	LOCATION	DATE RANGE	DAY/TIME	COST	MINIMUM #
Chair Yoga	Army and Navy 151 Lorne Ave	Jan 2-Mar 27	Wed at 10 am	\$55	19/class
Mat Yoga	Rotary Complex 353 McCarthy Rd.	Jan 7-Mar. 25 (No class Feb. 18)	Mon at 9:15 am	\$50	19/class
Core Yoga	Rotary Complex 353 McCarthy Rd.	Jan 7-Mar. 25 (No class Feb. 18)	Mon at 10:30am	\$50	19/class