

Welcome to the Winter/Spring 2020 edition of our Wellness Newsletter...

As we begin a New Year and a new decade, it is a great opportunity to sign up for something new! Consider registering for our

New Bone Health Series beginning:

May 6, 13, 20, 27, 2-4pm at Avondale Church in Stratford- Cost \$5.00

Register at West Gore Office

“Wellness is a connection of paths: Knowledge and Action”

Call 1-877-502-8277 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</p>	<p>Nordic Poling: outdoor group walks using Nordic poles. Training sessions are available</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: \$10.00—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



CENTRAL HURON
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PLEASE CALL TO REGISTER. PREREGISTRATION REQUIRED FOR ALL EXERCISE OPTIONS

BAYFIELD	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Pharmasave	1st Thurs: 9:00am-Noon
	Congregate Dining	\$10.00	Arena 4 Jane St.	2nd, 3rd, 4th, 5th, Thurs: Lunch-12pm, Program 1pm
	Exercise Class	FREE	Arena 4 Jane St.	Early Risers: Tues and Fri at 8am - Level 3 Total Body Fit 3: Mon and Wed at 9am - Level 3 (waitlisted, call office to be on waitlist) Total Body Fit 2: Mon, Wed at 10:30am, Tue, Fri at 9:15am - 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	\$20.00 /8 wks.	Varna Complex	Wednesdays 7-8pm Call Clinton office to register, Seasonal ends Mar. 4, 2020
	Chair Yoga	FREE	The Lake House 21 Main St. N.	Thurs. 10am
CLINTON	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Betty Cardno Centre	4th Monday: 9am-Noon 2nd Wed: 10:30am-12pm at Diners
	Congregate Dining	\$10.00	Betty Cardno Centre	Wed: Lunch-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	Call	Betty Cardno Centre	2nd and 4th Tues: 9:30-3:30pm
	Group Exercise Class	FREE	Betty Cardno Centre Anfield Manor	Mon and Thurs: 9-10am Levels 2 & 3 Tues and Thurs: 10-11am Level 1
	LifeHikers	FREE	Betty Cardno Centre	Fri: 8-11 am
GODERICH	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Rexall	1st Tues: 9:00am-Noon
	Foot Care Clinic	Call	Huron Haven	2nd Wed: 9:30am-3:30pm
			Goderich Legion	2nd Thurs: 9:30am-3:30pm
	Group Exercise Class *class is full	FREE	MackKay 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, Wed and Fri: : 9:15am Level 1	
SEAFORTH	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Huron Family Health Team	1st Wed: 9am-Noon 3rd Thurs at Diners at Seaforth Arena: 10:30-11:45am
	Foot Care Clinic	Call	Maplewood Manor	2nd and 4th Wed: 9:30am-3:30pm
	Group Exercise Class	FREE	Seaforth Arena	Tues and Thurs: 9:30am Level 2
	Group Exercise Class	FREE	Seaforth Manor	Mon and Wed: 1:10-2:10pm Level 1
	Congregate Dining	\$10.00	Seaforth Arena	3rd Thurs: Lunch-12pm, Program 1pm
	Poling	FREE	Arena (meet outside)	Mon & Fri: 8:30-9:30am



SOUTH HURON
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EXETER	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Exeter Guardian	1st Thurs. 9-11am
			Huron Apothecary	Last Wed: 9am-Noon
	Coffee Social	Donation	Trivitt Memorial Church	3rd Thurs: 9:30-11am
	Congregate Dining	\$10.00	Lions Youth Centre	Tues: Lunch-12pm, Program 1pm
	Foot Care Clinic	Call	Exeter Adult Day Program 24 Huron St. Community Mental Health Services 149 Thames Rd. W	1st and 3rd Wed: 9:30am-3:30 pm 2nd Mon 9:30-2:30
	Group Exercise Class	FREE	Christian Reform Church	Tues and Fri: 9:30am Level 3 (waitlisted, call office to get on waitlist)
			Exeter Villa	Mon and Wed: 11am Level 2 Mon and Wed: 9am Level 1
	Indoor Walking	FREE	Exeter Arena Lobby	Mon-Fri: 8-9:30am (Oct 15- Apr 1)
GRAND BEND	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	St. John's Anglican Church	2nd Thurs: 10:30-11:45am
	Congregate Dining	\$10.00	St. John's Anglican Church	2nd and 4th Thurs: Lunch 12pm, Program 1pm
	Foot Care Clinic	Call	Old Grand Bend Health Centre 29 Gill Rd.	4th Mon and 4th Fri 9:30am-3:30pm
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	\$10.00	Hensall Arena Community Center	3rd Thurs: CHAP 10:30-11:45am Lunch at 12pm
	Foot Care Clinic	Call	Hensall Health Centre 122 King St.	1st Friday 9:30am-3:30pm
ZURICH	PROGRAM	COST	LOCATION	DAY/TIME
	Group Exercise Class	FREE	Maplewood Apartments	Tues and Thurs: 10:15-11:15 am Level 2
		FREE	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	\$10.00	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	\$10.00	United Church	2nd & 4th Thurs: Lunch -12pm, Program 1pm CHAP Blood Pressure Clinic 4th Thurs: 10am-11:45am
	Foot Care Clinic	Call	Brussels Library 402 Turnberry St.	4th Thurs: 9:30 am-3:30 pm

FORDWICH	PROGRAM	COST	LOCATION	DAY/TIME
	Congregate Dining	\$10.00	Fordwich Village Nursing Home	3rd Thurs: Lunch -12 pm Program 1pm

LUCKNOW/ ST HELEN'S	PROGRAM	COST	LOCATION	DAY/TIME
	Congregate Dining	\$10.00	St. Helen's Community Hall	Last Wed: Lunch 12pm Program 1pm
	Foot Care Clinic	Call	Royal Canadian Legion 477 Inglis St.	3rd Mon 9:30am-3:30pm

TEESWATER (GREY COUNTY)	PROGRAM	COST	LOCATION	DAY/TIME
	Congregate Dining	\$10.00	Teeswater United Church	2nd and 4th Thursday: Lunch 12pm Program 1pm

WINGHAM	PROGRAM	COST	LOCATION	DAY/TIME
	Blood Pressure Clinic	FREE	Royal Oak Remedy's Rx 131 John St. E.	4th Mon: 9:00 am-Noon
	Congregate Dining	\$10.00	183 Victoria St. W, Wingham Wingham Legion	Every Tues: Dinner-12pm Program 1pm
	Foot Care Clinic	Call	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 Turnberry Estates Clubhouse	Tues and Thurs: 9-10am Level 3 Tues and Thurs: 10-11am Level 1 Mon and Fri :10am Level 2



STRATFORD

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BLOOD PRESSURE CLINICS

LOCATION	DAY/TIME
Community Living	2nd Friday: 9:30—11:30am
Greenwood	1st Thursday 9:30-10:30am
The Local CFC	Last Wednesday of the month 10—11:30am
Salvation Army	Last Thursday of the month 9:30-Noon

FOOT CARE CLINICS

COST	LOCATION	DAY/TIME
Call	ONE CARE 25 Wright Blvd	1st Tues: 9:30am-3:30pm 1st,2nd,3rd,4thThu 9:30am –3:30pm

CONGREGATE DINING

Local Community Food Centre
Every Wednesday Blood Pressure Last Wednesday of the month: 10:00 -11:30am Exercise 10:25 am -(Level 2) Lunch 11:30 am Speaker 12 pm Social Games 1 pm

WELLNESS EDUCATION

<u>BONE HEALTH PROGRAM FOR OSTEOPOROSIS</u>
Every Wednesday In May 2020 May 6, 13, 20, 27 Avondale Church, 194 Avondale Ave., Stratford 2—4 pm \$5 one time fee Call: Terri at: 1-877-502-8277 Ext.2254 to Register

NORDIC POLING - FREE

Learn to Nordic Pole Walk in 6 short sessions! Deposit for poles required. (deposit returned at end of training) New sessions beginning in April. Please call ahead to register!	Group Walks: 1 hour Group Walks - meeting spots in different locations for different terrain. Mondays, Wednesdays and Fridays.
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GROUP EXERCISE CLASS - FREE

LEVEL	LOCATION	DAY/TIME
1	Anne Hathaway Retirement - Activity Room	Mon,Thurs and Fri: 9:30am, Wed: 9am
	Cedarcroft Place Retirement - Activity Room	Tues and Thurs: 2pm
	McCarthy Place Retirement - Lounge	Mon and Wed: 9am
	Greenwood Court - Multipurpose Room	Mon, Tues, Thurs: 9:30am
	Community Living—Multipurpose Room	Wed at 1:30pm and Thurs. at 10am
2	Christian Reformed Church-190 Athlone Cres - Gymnasium	Mon and Thurs: 9:30am
	Community of Christ Church - Foyer Men's Strength Class	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 This program is now waitlisted, please call office to be put on waitlist.	Mon and Fri: 10am Tues and Thurs: 10am
	Knox Church - in basement level This program is now waitlisted, please call office to be put on waitlist.	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. 8th-April 1, 2020, 13 weeks	Wed at 10 am	\$55	19/class
Mat Yoga	Festival INN	Jan. 6-April 6, 2020, 13 weeks No class Feb. 17,	Mon at 9:15 am	\$55	19/class
Core Yoga	Festival INN	Jan. 6-April 6, 2020, 13 weeks No class Feb. 17,	Mon at 10:30am	\$55	19/class