

Welcome to the SPRING/SUMMER 2022 edition of our Wellness Newsletter.

Milder temperatures, more sunlight, wildlife and spring blooms sprouting everywhere, the arrival of spring can put an extra kick in your step. Take advantage of the spring energy and join in any of our morning exercise classes. The oxygen and nutrients travelling to your heart and lungs from exercising will improve your cardiovascular system, endurance and overall stamina so you will feel more energized throughout the day. Then, venture outdoors to soak up the warmth of the afternoon sun, boosting your overall mood.

Please see below for full details or call 1-877-502-8277 for more information.

**FALLS PREVENTION PROGRAMS- Call Intake Department to register at 1-844-482-7800**

**Virtual Group Exercise Program:** 1 hour class led by a certified Seniors Fitness Instructor over Zoom (online technology) No client fee.

**Level 1—Beginner/Seated: Mon. Tues. Wed. Thurs. Fri. - 10:30am-11:30am (45 minutes exercise, 15 minutes cognitive function)**

**Level 2—Moderate Sit/Stand: Tuesdays and Thursdays-9:00am-10:00am**

**Level 3—Advanced/Standing: Mondays, Wednesdays and Fridays-9:00am-10:00am**

**Level 2/3 Combined- NEW-Mondays and Wednesdays-1:00-2:00 pm beginning May 2,**

**WELLNESS PROGRAMS -Call Intake Department to register at 1-844-482-7800**

**Virtual Mat Yoga:** 1 hr. class led by a Registered Yoga Instructor over Zoom, Client fee involved.

**Mondays-9:15am-10:15am - 13 week session beginning Monday, May 2- August 8, (no class Monday, May 23, for Victoria Day nor Monday, August 1st, for Civic Holiday)**

**Virtual Chair Yoga:** 1 hr. class led by a registered Yoga Instructor over Zoom, Client fee involved.

**Wednesdays-10:00am-11:00am - Next session begins in September.**

**Virtual Qigong For Wellbeing:** 1 hr. Meditation type program, led by qualified Qigong Instructor over Zoom. Client Fee involved.

**Tuesdays-11:30am-12:30pm - 13 week session beginning Tues. May 3-July 25,**

**Virtual Diners to Go/Social Program:** Virtual social hour over Zoom, with guest speakers from different organizations, musical entertainment, wellness topics, theme days and travelogues. No client fee.

**Tuesdays, Thursdays, Fridays-1:00 - 2:00pm**

**Virtual Bone Health Osteoporosis/Osteopenia Program:** Education session over Zoom. No client fee.

4 sessions. **Wednesdays 1:00-3:00pm May 4, 11, 18, 25**

**Urban Poling—** 1 hr. outdoor walking group using urban poles led by trained instructor in Stratford. No client fee.

**As of April 1, Mondays/Wednesdays/Fridays 8:30am These are done by cohort groups so you must pick one or the other group.**

**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 Programs

EasyRide Transportation | In-Home Personal Support | Home Help | Home At Last | Respite | Dining & Social | Social Work