



Community Health & Wellness News

FALL 2022

Welcome to the Fall 2022 Newsletter! A new season is upon us, changing landscapes, crisp fall days, renewed energy.....a great time to add a new activity to your routine.

Check out our regular as well as our NEW programs listed below and give us a call to sign up!

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: Mondays and Thursdays-1:00-2:00pm beginning Oct. 3.

***NEW— Men’s Health/Exercise and Education – Tuesdays-1-2pm 7 week ‘pilot’ session from Sept. 13-Oct. 25.**

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 Sept. 12, (no class Mon. Oct. 10)

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

Wednesdays-10:00am-11:00am - 13 week session beginning Sept. 14,

Virtual Qigong For Wellbeing: 1 hr. Meditation/gentle movement program, led by qualified Qigong Instructor over Zoom. Client fee involved.

Tuesdays-11:30am-12:30pm - 13 week session beginning Tues. Sept. 13,

***NEW TAI CHI—** 1 hr. class consisting of slow choreographed movements and controlled breathing, led by qualified instructor over Zoom, Client fee involved.

Thursdays— 9:30-10:30am— 13 week session beginning Thurs. Sept. 15,

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-1:00 - 2:00pm

The Local, Stratford— Every Wednesday, Exercise— 10-11am, Free Lunch 11:30am, speaker— 12:00pm, Social— 1pm, CHAP Blood Pressure Program— 1st Wednesday of the month: 9:30-11:30am No client fee.

Virtual Bone Health Program: Education session over Zoom. No client fee. 4 sessions each

Wednesdays 1:00-3:00pm in November

Urban Poling (Stratford) – 1 hr. outdoor walking group using urban poles led by trained instructor .No client fee.

Mondays/Wednesdays/Fridays 8:30am

***NEW Seniors Centre Without Walls Program (SCWW) - Free telephone group activity program, fun and interesting themes, led by One Care staff, all you need is a telephone!** Begins Sept. 12., Mondays-Fridays. No client fee.

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