



Community Health & Wellness News

WINTER 2023

Check out our Virtual as well as our In Person 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

In Person Group Exercise Program: 1 hour class led by a certified Seniors Fitness Instructor. No client fee.

Bayfield Arena— Mon/Wed— Level 3— 9-10:15am Level 2— 10:30-11:30 Fridays— Level 2/3— 9:30-10:30-waitlist

Exeter CRC— Tues/Thu— Level 3— 9:30-10:30-waitlist

Stratford Bethel— Thu-Level 3-11:00-12:00-waitlist

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 Jan. 9, (no class Mon. Feb. 20)

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 Jan. 13,

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. Jan. 10,

Virtual 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. Jan. 14,

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

Virtual Bone Health Program: Education session over Zoom. No client fee. More info to follow.

March/April

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! Mondays to Fridays— afternoons No client fee

In Person

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.

Clinton Diners at Clinton Legion— Tue/Thu— Lunch Noon— Social 1-2pm Client fee involved.

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