

**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) No fee.

Level 1—Beginner/Seated: **Mon. Wed. Fri. - 10:30am-11:30am (45 minutes exercise, 15 minutes cognitive function) Tues. Thurs. 10:30am—11:30am (1/2 hour exercise, 1/2 hour cognitive activity)**

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, Mon./Wed.—Level 3—9:30am-waitlist, Wed.—Level 2—11am-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 - 10 week session beginning April 24, (no class Mon. May 22nd, last class June 21)

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

Wednesdays-10:00am-11:00am - 10 week session beginning April 19,

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

Tuesdays-10:30am-11:30pm - 10 week session beginning April 18,

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— **returning in the fall!

Virtual Social Program: Zoom social hour, with guest speakers and musical entertainment, and travelogues. **Tuesdays- 1:00 - 2:00pm** No client fee.

In Person: Bone Health Program: Education session on Bone Health (Osteoporosis/Osteopenia). \$5 fee (1 X fee).

May 8, 10, 15, 17th from 1—3pm at Avondale Church, 194 Avondale Ave. Stratford.

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

DINING "IN PERSON": The Local CFC, 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 Reach Huron Center— Tuesdays/Thursdays each week — Lunch Noon— Social 1-2pm Client fee involved.

Seaforth Diners at Seaforth Legion— 2nd/4th Wednesdays at Noon - Social 1—2pm. Client Fee Involved.

Trivitt Coffee Hour: social time with cards, games, education/speaker and coffee/tea and dainties. **1st Monday of the month: 10am at Trivitt Memorial Church, 264 Main st. S, Exeter.** No client fee, please register to attend.

Clinton Cards: Card games with socializing. **2nd and 4th Monday: 12—2pm at Reach Center, 169 Beech St. Clinton** **Must register to play.** 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

For information: Call toll free 1.877.502.8277 or visit our website onecaresupport.ca