



Community Health & Wellness News

FALL 2023

Check out our Virtual as well as our In Person programs listed below and give us a call to sign up!

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. Tue. Wed. Thu. Fri. - 10:30am-11:30am (45 minutes exercise, 15 minutes 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

Goderich MacKay— Mon/Fri- 9:30-10:30am-waitlist, Mon./Wed.-10:45-11:45-waitlist

Clinton REACH— Tue/Thurs-9:30-10:30am

Wingham Legion— Thurs-9:30-10:30am

Stratford Bethel— Thu-Level 3-11:00-12:00, Mon/Wed—Level 3—9:30am-waitlist, Wed—Level 2—11am

Stratford McCarthy Place— Tue-Level 1-1-2pm-begins Sept. 12,

Anne Hathaway— Thu— Level 1-1-2pm-begins Sept. 14,

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. 11, (no class Mon. Oct. 9, last class Dec. 11)

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 - 13 week session beginning Sept. 12—Dec. 5,**

Virtual Tai Chi – 1 hr. class consisting of slow choreographed movements and controlled breathing, led by qualified instructor over Zoom, Client fee involved. **Wednesdays— 9:30-10:30am— 13 week session start: Sept. 13—Dec. 6,**

In Person Chair Yoga – Wed. 10:00-11:00am— 13 week session Sept. 13—Dec. 6, St. James Church, Stratford

Virtual Social Program: Free Zoom social hour: guest speakers, entertainment and travelogues. **Tuesdays-1- 2pm**

In Person: Bone Health Program: 4 day Education session on Bone Health (Osteoporosis/Osteopenia). \$5 fee (1 X fee). **Nov. 13, 15, 20, 22— 1:00-3:00pm, Wingham Library. Call to register**

Seniors Centre Without Walls Program (SCWW) - Free telephone group program, fun and interesting themes, led by One Care staff, all you need is a telephone! Mondays to Fridays— afternoons No client fee

DINING: 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 Center— Tuesdays each week – Lunch Noon— Social 1-2pm Client fee involved.

CHAP Blood Pressure Program— 1st Tuesday of the month: 9:00-10:30am No Client fee.

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

Trivitt Coffee Hour: Free social time with games, speakers and free beverage/dainties. **1st Monday of the month (except holidays then it's 2nd Monday): 10am at Trivitt Memorial Church, 264 Main St. S, Exeter.**

Clinton Cards: Card games with socializing. To be determined. No client fee.

Stratford Nordic Poling: Every Wednesday/Friday at 8:30am at the Cemetery (top of hill off John St.) Guided walk with trained Nordic Poling instructors. Please contact for more information.

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