



COMMUNITY HEALTH & WELLNESS SCHEDULE

SPRING 2024

CALL NOW

1-844-482-7800

It's important to stay active in order to build and maintain functional abilities needed for daily life activities. When we improve our strength and balance, we reduce our risk of falls and improve our quality of life. Information and education provided at any of our physical activity exercise classes will empower you to adopt a more active and healthy lifestyle!

Scan here to learn more about ONE CARE.



Falls Prevention Program **Free**

This 1-hour class is led by a certified Seniors Fitness Instructor, offered virtually or in person.

Level 1
Beginner/Seated

Level 2
Moderate Sit/Stand

Level 3
Advanced/Standing

Level 1	Mon., Tues., Wed., Thur., Fri. 10:30 AM - 11:30 AM	Virtual (online through Zoom)
	Tuesday 1:00 PM - 2:00 PM	Stratford McCarthy Place
	Thursday 10:00 AM - 11:00 AM	Anne Hathaway Retirement Home
Level 2	Tuesday & Thursday 9:00 AM - 10:00 AM	Virtual (online through Zoom)
	Monday & Friday 9:30 AM - 10:30 AM	WAITLIST Goderich MacKay Centre
	Monday & Wednesday 10:30 AM - 11:30 AM	Bayfield Arena
	Wednesday 11:00 AM - 12:00 PM	Stratford Bethel
	Friday 9:30 AM - 10:30 AM	The Local, Stratford
Level 2/3	Tuesday & Thursday 10:00 AM - 11:00 AM	Zurich Maplewood Apartments
	Tuesday & Thursday 9:30 AM - 10:30 AM	Stratford CRC
	Friday 9:30 AM - 10:30 AM	Bayfield Arena

Level 3	Mon., Wed., Fri 9:00 AM - 10:00 AM	Virtual (online through Zoom)
	Monday & Wednesday 9:00 AM - 10:15 AM	Bayfield Arena
	Monday & Wednesday 10:45 AM - 11:45 AM	WAITLIST Goderich MacKay Centre
	Monday & Wednesday 9:30 AM - 10:30 AM	Stratford Bethel
	Tuesday & Thursday 9:30 AM - 10:30 AM 11:00 AM - 12:00 PM	Stratford Bethel
	Monday (Men's Only Class) 11:00 AM - 12:00 PM	Stratford Bethel
	Tuesday 9:30 AM - 10:30 AM	Clinton REACH Centre
	Tuesday & Thursday 9:30 AM - 10:30 AM	Exeter CRC
	Thursday 9:30 AM - 10:30 AM	Wingham Legion
	Friday 10:00 AM - 11:00 AM	Zurich Good Neighbours

Wellness Programs

ONE CARE offers a variety of wellness programs for every skill level.

Mat Yoga		
Monday 9:15 AM - 10:15 AM	10-week session from Apr. 15 to Jun. 24	Virtual (online through Zoom)
Chair Yoga		
Wednesday 10:00 AM - 11:30 AM	13-week session from Apr. 17 to Jul. 10	St. James Church, Stratford
Qigong for Wellness		
Tuesday 10:30 AM - 11:30 AM	13-week session from Apr. 16 to Jul. 9	Virtual (Online through Zoom)
Nordic Poling Free		
Wednesday & Friday 9:00 AM	This program takes place in Stratford at the top of the hill on John Street at the cemetery. Training and poles available.	

Social Programs

ONE CARE offers a variety of social programs both virtually and in person.

Senior Centre Without Walls (SCWW) Group telephone program with fun activities and themes.		Free
Mon., Wed., Fri., 2:00 PM - 2:45 PM	This program takes place over the telephone through Mercuri	
Trivitt Coffee Hour Social hour with games, guest speakers and beverages/dainties.		Free
First Monday 10:00 AM - 11:00 AM	Trivitt Memorial Anglican Church, Exeter	
Virtual Social Social hour over Zoom with guest speakers, entertainment, and more!		Free
Tuesday 1:00 PM - 2:00 PM	This program takes place virtually through Zoom.	
Congregate Dining & Social		
Second & fourth Monday 12:00 PM - 2:00 PM	Egmondville United Church, Seaforth	
Tuesday 12:00 PM - 2:00 PM	REACH Centre, Clinton	
Thursday 12:00 PM - 2:00 PM	Legion, Wingham	
Friday 12:00 PM - 2:00 PM	The Local, Stratford	Free
CHAP Blood Pressure Clinics		Free
Fourth Monday 11:00 AM - 12:00 PM	Egmondville United Church, Seaforth	
First Tuesday 9:00 AM - 10:30 AM	REACH Centre, Clinton	
First Friday 9:00 AM - 10:00 AM	The Local, Stratford	
Wellness Education Workshop - Bone Health		
May 6, 8, 13, 15 1:00 PM - 3:00 PM	Stratford Christian Reformed Church or virtually through Zoom.	