



COMMUNITY HEALTH & WELLNESS SCHEDULE

Winter 2025
January - March

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

Level 3	Monday & Wednesday 9:30 AM - 10:30 AM		Virtual (online through Zoom)
	Monday & Wednesday 9:00 AM - 10:15 AM	WAITLIST	Bayfield Arena
	Monday & Wednesday 10:45 AM - 11:45 AM	WAITLIST	Goderich MacKay Centre
	Monday & Wednesday 9:30 AM - 10:30 AM	WAITLIST	Stratford Bethel
	Tuesday & Thursday 9:30 AM - 10:30 AM	WAITLIST	Stratford CRC
	Tuesday & Thursday 11:00 AM - 12:00 PM		Stratford CRC
	Monday & Wednesday 9:30 AM - 10:30 AM		Clinton Betty Cardno Memorial Centre
	Tuesday & Thursday 9:30 AM - 10:30 AM		Exeter CRC
	Tuesday & 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	12-week session from Jan 6th - March 31st **NO Class on Family Day - Feb 17th	Virtual (online through Zoom)
Chair Yoga		
Wednesday & Friday 10:00 AM - 11:00 AM	12-week session from Jan 8th - March 28th	Romeo Court Apartments, Stratford
Qigong for Wellness		
Tuesday 10:30 AM - 11:30 AM	12-week session from Jan 7th - March 25th	Virtual (Online through Zoom)
Nordic Poling		
ON HOLD for the WINTER - Resumes in Spring 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.	
L.I.F.E Hikers Free		
Friday 8:30 AM - 11:30 AM	Lead by certified Ontario Hike Leaders, this group meets for a 1-2 hour vigorous hike	Betty Cardno Memorial Center Clinton

Wellness Wednesday

Free

Wednesday
1:00 PM - 2:00 PM

Join us monthly for this practical resource session on how you can reduce your risk of falls plus a 30 minute exercise class. Presentations will include a variety of guest speakers and held in person (rotating between Greenwood and BCMC) or virtually on Zoom.

Social Programs

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

*Programs not offered on a weekly basis will take place monthly on the weekdays specified.

Virtual Social - Senior Centre Without Walls (SCWW)

Group telephone and virtual program with fun activities and themes.

Free

Monday & Friday
2:00 PM - 2:45 PM

This program takes place over the telephone or virtually through Zoom

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

Clinton Card Group

Social hour of card games

First & Third Wednesday
1:00 PM - 3:00 PM

Betty Cardno Memorial Centre, Clinton

Congregate Dining & Social

Second & Fourth Monday
12:00 PM - 2:00 PM

Egmondville United Church, Seaforth

Tuesday
12:00 PM - 2:00 PM

Betty Cardno Memorial Centre, Clinton

First & Third Thursday
12:00 PM - 2:00 PM

Legion, Wingham

Friday
11:00 AM - 1:00 PM

The Local, Stratford

Free

Blood Pressure Clinics

Free

Fourth Monday
11:00 AM - 12:00 PM

Egmondville United Church, Seaforth

First Tuesday
9:00 AM - 10:30 AM

Betty Cardno Memorial Centre, Clinton

First Friday
9:00 AM - 11:00 AM

The Local, Stratford