

COMMUNITY HEALTH & WELLNESS SCHEDULE

Spring 2025
April - June

Scan here to
learn more about
ONE CARE.



CALL NOW

1-844-482-7800

Falls Prevention Program **Free**

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

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!

Level 1
Beginner/Seated

Level 2
Moderate Sit/Stand

Level 3
Advanced/Standing

Level 1	Tuesday 11:00 AM - 12:00 PM	Clinton Betty Cardno Memorial Centre
	Tuesday & Thursday 11:00 AM - 12:00 PM	Virtual (online through Zoom) ONE CARE Greenwood Court Office
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	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	Bayfield Arena
	Monday & Wednesday 10:45 AM - 11:45 AM	WAITLIST Goderich MacKay Centre

Level 3	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	WAITLIST	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	10-week session from April 14th - June 23rd **NO Class on Victoria Day May 19th	Virtual (online through Zoom)
Chair Yoga - Clinton		
Monday 1:30pm-2:30pm	12-week session from April 7th - June 30th **NO Class on Victoria Day May 19th	ONE CARE Betty Cardno Memorial Centre, Clinton
Qigong for Wellness		
Tuesday 9:30 AM - 10:30 AM	12-week session from April 1st - June 24th **NO Class on May 13th	Virtual (Online through Zoom) or ONE CARE Greenwood Court Office
Yoga for the Core		
Wednesday 10:30 AM - 11:30 AM	12-week session from April 9th - June 25th	Virtual (Online through Zoom) or ONE CARE Greenwood Court Office
Chair Yoga - Stratford		
Wednesday & Friday 10:00 AM - 11:00 AM	12-week session from April 9th - June 27th **NO Class on Good Friday April 18th	Romeo Court Apartments, Stratford
Tai Chi		
Friday 10:30 AM - 12:00 PM	12-week session from April 4th - June 27th **NO Class on Good Friday April 18th	ONE CARE Betty Cardno Memorial Centre, 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.		
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.		
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	ONE CARE Betty Cardno Memorial Center, Clinton	

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)			Free
Group telephone and virtual program with fun activities and themes.			
Monday & Friday 2:00 PM - 2:45 PM	This program takes place over the telephone or virtually through Zoom		
Coffee Hours			Free
Social hour with games, guest speakers and beverages/dainties.			
Thursday 10:30 AM - 11:30 AM	ONE CARE Betty Cardno Memorial Centre, Clinton		
Second Monday 10:00 AM - 11:00 AM	Trivitt Memorial Anglican Church, Exeter		
Second Thursday 10:00 AM - 11:00 AM	ONE CARE Greenwood Court - Boardroom, Stratford		
Card Groups			Free
Social hour of card games			
First & Third Wednesday 1:00 PM - 3:00 PM	ONE CARE Betty Cardno Memorial Centre, Clinton ONE CARE Greenwood Court - Boardroom, Stratford		

Congregate Dining Programs

ONE CARE offers a variety of dining programs


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

Congregate Dining & Social	
First & Third Monday 12:00 PM - 2:00 PM	Trivitt Memorial Anglican Church, Exeter
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 

CHAP 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.

Blood Pressure Clinics		
Third Monday 11:00 AM - 12:00 PM	Trivitt Memorial Anglican Church, Exeter If the Holiday falls on the 3rd Monday - CHAP will take place the 1st Monday	
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	
Third Thursday 9:00 AM - 11:00 AM	ONE CARE Greenwood Court - Boardroom, Stratford	
Third Thursday 11:00 AM - 12:00 PM	Legion, Wingham	
First Friday 9:00 AM - 11:00 AM	The Local, Stratford	