



# COMMUNITY HEALTH & WELLNESS SCHEDULE

**SUMMER 2024**  
July 2nd - August 30th

**CALL NOW**

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!

**1-844-482-7800**

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

<b>Level 1</b>	Monday, Wednesday, Friday 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	Stratford Anne Hathaway Retirement Home
<b>Level 2</b>	Tuesday & Thursday 9:30 AM - 10:30 AM	Virtual (online through Zoom)
	Monday & Friday 9:30 AM - 10:30 AM	<b>WAITLIST</b> Goderich MacKay Centre
	Monday & Wednesday 10:30 AM - 11:30 AM	Bayfield Arena
	Wednesday 11:00 AM - 12:00 PM	<b>WAITLIST</b> Stratford & District Christian School (Stratford Bethel)
	Friday 9:30 AM - 10:30 AM	The Local, Stratford
<b>Level 2/3</b>	Tuesday & Thursday 10:00 AM - 11:00 AM	Zurich Maplewood Apartments
	Tuesday & Thursday 9:30 AM - 10:30 AM	Stratford CRC *July 1st-19th Location Stratford & District Christian School
	Friday 9:30 AM - 10:30 AM	Bayfield Arena

<b>Level 3</b>	Monday & Wednesday 9:30 AM - 10:30 AM	Virtual (online through Zoom)
	Monday & Wednesday 9:00 AM - 10:15 AM	<b>WAITLIST</b> Bayfield Arena
	Monday & Wednesday 10:45 AM - 11:45 AM	<b>WAITLIST</b> Goderich MacKay Centre
	Monday & Wednesday 9:30 AM - 10:30 AM	Stratford & District Christian School (Stratford Bethel)
	Tuesday & Thursday 9:30 AM - 10:30 AM 11:00 AM - 12:00 PM	Stratford & District Christian School (Stratford Bethel)
	Monday ( <b>Men's Only Class</b> ) 11:00 AM - 12:00 PM	Stratford & District Christian School (Stratford Bethel)
	Monday & Wednesday 9:30 AM - 10:30 AM	<b>HOLD</b> Clinton Betty Cardno Memorial Centre
	Tuesday & Thursday 9:30 AM - 10:30 AM	Exeter CRC <b>**NO class Aug. 6th &amp; 8th</b> Will have class Aug. 20th & 22nd
	Tuesday & Thursday 9:30 AM - 10:30 AM	Wingham Legion
	Friday 10:00 AM - 11:00 AM	Zurich Good Neighbours

**Summer Break: August 19th-30th  
NO Falls Prevention Classes**

## 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. 15th to Jun. 24th <b>**NO class May 20th</b>	Virtual (online through Zoom)
Chair Yoga		
Wednesday 10:00 AM - 11:00 AM	13-week session from Apr. 17th to Jul. 17th <b>**NO class Apr. 24th</b>	Romeo Court Apartments, Stratford
Qigong for Wellness		
Tuesday 10:30 AM - 11:30 AM	13-week session from Apr. 16th to Jul. 9th	Virtual (Online through Zoom)
Nordic Poling <b>Free</b>		
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.

<b>Senior Centre Without Walls (SCWW)</b> Group telephone program with fun activities and themes.		<b>Free</b>
Mon., Wed., Fri., 2:00 PM - 2:45 PM	This program takes place over the telephone through Mercuri	
<b>Trivitt Coffee Hour</b> Social hour with games, guest speakers and beverages/dainties.		<b>Free</b>
First Monday 10:00 AM - 11:00 AM	Trivitt Memorial Anglican Church, Exeter	
<b>Virtual Social</b> Social hour over Zoom with guest speakers, entertainment, and more!		<b>Free</b>
Tuesday 1:00 PM - 2:00 PM	This program takes place virtually through Zoom.	
<b>Congregate Dining &amp; Social</b>		
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	
Thursday 12:00 PM - 2:00 PM	Legion, Wingham	
Friday 11:00 AM - 1:00 PM	The Local, Stratford	<b>Free</b>
<b>Blood Pressure Clinics</b>		<b>Free</b>
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	