



JANUARY 2019

SERVING ZURICH AND AREA SENIORS

Timely Trips... Call now to book your seat: 1-877-500-9875

Transportation News:

Monday January 7 – Sarnia

Hit the casino to see if Lady Luck is on your side, or shop the Lambton Mall. Lunch at Sitara or Casino

Cost: Bus Ride \$ 17 + lunch

Monday January 14 - Strathroy

King of the Pigs for lunch – shopping and stops as requested and time allows

Cost: Bus Ride \$ 12 + lunch

Monday January 21 - Goderich

Pat & Kevins for lunch, and on to Giant Tiger or WalMart

Cost: Bus Ride \$ 8 + lunch

Monday January 28 – St. Marys

Jennies for lunch, downtown shopping or stops as requested, pop into Klomps for a look around

Cost: Bus Ride \$ 10 + lunch

Wellness News:

**Community Foot Care Clinic
at the West Huron Care Centre**

Monday, January 7

Call Heidi at 519-236-4373 ext. 632 to make an appointment. **New clients always accepted.** No referral is necessary.

Dining for Seniors at the West Huron Care Centre

Enjoy a hot meal with other 55+ living independently in the community. Meal is served at 12:30pm

January 9 – Blood Pressures @ 11:30am + Alzheimer's Awareness

January 23 – Healthy Eating Manual - Sodium

January 30 –tba

\$9 for a full course hot meal and social time.

Please call Heidi by the Monday of that week to register. Newcomers always welcome.

519-236-4373 ext.632

**January 30th – Audiology Clinic
in Zurich – FREE Service**

offered in partnership by Sound Therapy at the Bluewater Area Family Health Team.

Call 519-236-4373 ext. 632 to make an appointment. Next Clinic to be held Feb 27th

Errand Days

Exeter:

Tuesday January 8th, 15th, 22nd, 29th

Grand Bend:

Wednesday January 2nd, 9th, 23rd, 30st
AND Thursday January 17th

\$5.00 bus rides to run errands ie; grocery, pharmacy, PO, banks. Extra stops may happen as time allows.

Call Easy Ride to book your spot: **1-877-500-9875**

Yoga

Held in the Chapel of the West Huron Care Centre. Please bring a mat. Call 519-236-4373 ext 632 to register. Lead by Jennifer Reaburn

**Winter Session begins on
Tues, Jan 8th. Tuesdays:**

Afternoon: 4:00-5:15pm, Evening 5:45-7:00pm

January 22nd

Wellness Together Cooking Group: DATE CHANGE. Join us as Miranda Burgess, Registered Dietitian, leads us in creating delicious and healthy meals. Class begins at 10:30am, and the creations are enjoyed together for lunch.

You must call ahead to register and book your spot.

Additional Groups will also be held: March 19 & April 21. Sign up for as many as you would like. Each one is different.

Partnership with the Grand Bend Area Community Health Centre



Community transportation trips are sponsored through a partnership between Blue Water Rest Home, One Care and Easy Ride.

