



SERVING ZURICH AND AREA SENIORS

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

Highlighted Days:

Monday, March 4 – Anna Maes

Start with a nice lunch at the popular Anna Maes, and then on to the St. Jacobs Outlet Mall for a little shopping. Other stops as time allows

Cost: Bus Ride \$20 + Lunch

Monday, March 18 – Swiss Chalet in Stratford

A bite of lunch at Swiss Chalet, and on to Festival Mall, WalMart or Giant Tiger. Other stops as time allows.

Cost: Bus Ride \$12 + Lunch.

Monday March 25 – Sarnia Casino and shopping

The popular Sitara for lunch, and on to the Lambton Mall for shopping, or stop at the Casino

Cost: Bus Ride \$17 + Lunch

ERRAND DAYS

Exeter:

Tuesday, March 5, 12, 19, 26

Grand Bend:

Wednesday, March 6, 13, 20, 27

\$5.00 bus rides to go get your errands all done on one day. Stops at Post Office, Grocery stores, Drug stores, Dollar stores, Banks, Medical Appointments

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

YOGA

Held in the chapel of WHCC – please bring a mat. Call 519-236-4373 ext 632 to register, for fee and other information. Led by Jennifer Reaburn, there are 2 classes:

TUESDAY 4-5:15pm (gentle yoga), and 5:45-7pm

World Day of Prayer at West Huron Care Centre

Join us on **Friday, March 1** for World Day of Prayer. The service will be held at 2:00pm.

Everyone is welcome. Refreshments will be served following the service.

DINING FOR SENIORS

Enjoy a hot meal with other 55+ living independently in the community! The cost of the meal is \$9 and is served at 12:30pm. Following the meal, enjoy a speaker, entertainment or activity. **Please sign up by the Monday, before the meal.** Interested in volunteering? We are looking for volunteers to help with serving and clearing. Volunteers are offered a half price meal.

Join Us On:

- **Wednesday, March 13th:** Blood Pressure Clinic + resistance band exercise demonstration
- **Wednesday, March 27th :** Tips on Healthy Eating

Community Foot Care Clinic

Service by a specialized RPN in the salon of the WHCC – new clients always welcome. Receive treatment of corns, calluses, ingrown toenails and general healthy foot maintenance. No referral is necessary. Appt's available between 9:30 – 3:30, and there is a fee for service.

March 11th is the next clinic.

March 19th - WELLNESS TOGETHER COOKING GROUP

Join us as Miranda Burgess, Reg. Dietician, leads us in creating delicious and healthy meals. Class begins at **10:30am**, and the creations are enjoyed together for lunch. Sign up for the April group as well – each group is different. Call 519-236-4373 x 632 to register. In partnership with the Grand Bend Area Community Health Centre.



MARCH 27

Audiology Clinic in Zurich – FREE service offered in partnership with Sound Therapy at BAFHT. Call 519-236-4373 x 632 to make an appointment. Held on the last Wednesday of every month

March 27th - Healthy Snacks to Go! Taste test healthy snacks at 10:45am (following exercise & falls prevention class) with Reg. Dieticians from the Grand Bend Area Community Health Center. **Register ahead by calling 519-236-4314**



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

