



AUGUST 2019

SERVING ZURICH AND AREA SENIORS

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

Transportation News:

Thursday, August 15 – ‘GREASE’ at the Huron

Country Playhouse – Lunch at the Colonial

Cost: Bus ride \$5 + lunch

Tuesday, August 20 - St Jacobs Market, Kitchener

Vendors with crafts, fresh produce and more! So much to see and do!!

Cost: Bus Ride \$20 + Lunch (at market)

Monday, August 26 – Hyde Park London

Lunch at the Mandarin Buffet, and shopping

Cost: Bus Ride \$12 + lunch



Wellness News:

Community Foot Care Clinic - Foot problems are very common in people with diabetes and can lead to serious complications. As we age it becomes increasingly harder to perform proper foot care on ourselves and routine appointments can prevent or properly manage foot care conditions. **Service is provided by a specialized RPN in the Salon of the West Huron Care Centre. New clients always accepted. No referral is necessary.**
Next Clinic: Monday, August 6th. Appts available between 9:30am-3:30pm

Dining for Seniors at the West Huron Care

Centre 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. Call 519-236-4373 ext 632 to register. Join us on the following days for a meal and program:

Wednesday, August 14th: Blood Pressure Clinic @ 11:30, Guest Speaker Cathy Shantz ‘Reapers of Hope’

Wednesday, August 28th: TBA

August 28 - Audiology Clinic in Zurich: FREE Testing and cleaning Services by Sound Therapy at the Bluewater Area Family Health Team. Call 519-236-4373 ext 632 to make an appointment.
Held on the Last Wednesday of every month.

Offered in Partnership between Blue Water Rest Home, Sound Therapy and BAFHT

Bone Health Program

A 4-week workshop will be offered in Zurich at the Family Health Team on **Tuesdays, September 10 through Oct. 1 from 1:30-3:30pm.**

The workshop is useful to those recently diagnosed with or interested in preventing osteopenia & osteoporosis. Each week, various Health Professionals will present and will take questions, and a nutritious snack is provided. (\$5 is requested to cover the cost of the snack). This is being offered in partnership with Community Connections Outreach Services and One Care along with other various organizations, and you do not have to be a patient to attend. ***You must preregister*** by calling 519-236-4373 ext 632

Gentle Yoga – Held in the Chapel of the West Huron Care Centre & led by Jennifer Raeburn.
Call 519-236-4373 ext 632 to be put on the list. Starting in Fall 2019.

\$5 Errand Days

Exeter: Tuesday, August 6,13,20,27

Grand Bend: Wednesday, August 7, 14, 21, 28

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

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



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





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