



SEPTEMBER 2019

SERVING ZURICH AND AREA SENIORS

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

Transportation News:

Monday, September 9 – Southampton/Kincardine
Erie Belle for lunch, and on to Southampton indoor market. Pine River Cheese on our way home
Cost: Bus Ride \$24

Monday, September 16 – Millbank
Anna Mae’s for lunch, and on to Martins Family Fruit Farm
Cost: Bus Ride \$20

Monday, September 23 - London
Masonville Mall Richies for lunch (or on own at mall) and shopping surrounding area as req. and available
Cost: Bus Ride \$8

Monday, September 30 – Stratford
Swiss Chalet for lunch, and shopping as requested. Stops at Giant Tiger, Walmart, and Rheo Thomsons
Cost: Bus Ride \$12

Yoga – Held in the Chapel of the West Huron Care Centre & Lead by Jennifer Reaburn. Two classes to choose from: 4:15 - 5:30 and 6:00-7:15. 15 week session. \$165. Call 519-236-4373 ext 632. *Fills up quickly*

Errand Days

Exeter: Tuesday, September 3, 10, 17, 24
Grand Bend: Wednesday, September 4, 11, 18, 25
\$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**

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



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

Wellness News:

Community Foot Care Clinic - Service by a specialized RPN in the Salon of the West Huron Care Centre. New clients always accepted. Receive treatment of corns, calluses, ingrown toenails and foot maintenance. No referral is necessary. *Appointments available between 9:30am-3:30pm.*

Next clinic is being held Monday, Sept. 16th.
Call 519-236-4373 ext. 632 to book an appt.

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. Call 519-236-4373 ext 632 to register.

Join us on the following days for a meal and program:
Wednesday, September 11th: Blood pressures @ 11:30

Wednesday, September 25th: TBA



Fall In Love with Instant Pot: Sept. 26th 10:30am-1pm. Participate in an instant pot demonstration with Patricia Bird, Registered Dietitian, along with a discussion on self-care while the meal cooks. **Enjoy the meal together following.** In partnership with Grand Bend CHC. Held in the Risi Room/Learning Kitchen. 37792 Zurich-Hensall Road. Call 519-236-4373 ext 632 to register.
Course is FREE of charge

Bone Health Workshop: A 4 week program for those recently diagnosed with osteopenia/osteoporosis or those wanting preventative information. Each week hear from various Health Professionals to learn; what is osteoporosis how does nutrition, exercise and medication help to prevent/slow down osteoporosis, and how can you make changes to live well with Osteoporosis.

Tuesday, September 10th to October 1st from 1:30-3:30pm at the Bluewater Area Family Health Team, Community Room (**do not have to be a patient to attend**). *A nutritious snack is provided.* **You must register before attending.** Call **519-236-4373 ext 632**

