



OCTOBER 2019

SERVING ZURICH AND AREA SENIORS

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

Transportation News

Monday, October 7th – Goderich

Candlelight Restaurant for lunch, and on to shopping as requested and time allows

Cost: Bus Ride \$ 8

Monday, October 21st – St. Marys

Lunch at the always delicious Jennies! Shop the downtown and maybe pop in to Klomps Nursery on our way home!

Cost: Bus Ride \$ 10

Monday, 28th – Schmitdsville

After lunch we will stop at Wellesley Apple Products Outlet and Oak Grove in New Hamburg as time allows

Cost: Bus Ride \$ 18

Wellness News:

Community Foot Care Clinics – Monday, October 7th, 28th

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.* 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 at noon, before the meal. Call 519-236-4373 ext 632 to register. Join us on the following days for a meal and program:

Wednesday, October 10: Blood Pressures @ 11:30am TBA

Wednesday, October 23: TBA

Wednesday, October 30: Bluewater Recycling Association

YOGA

Held in the chapel of the West Huron Care Centre – please bring a mat. Lead by Jen Reaburn, call 519-236-4373 ext 632 to register.

Afternoon class 4-5:15pm

Evening class 5:45-7pm

Errand Days

Exeter:

Tuesday, October 1, 8, 15, 22, 29

Grand Bend:

Wednesday, October 2, 9, 16, 22, 30

\$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**

FREE Seniors Group Exercise Classes!

OPEN TO EVERYONE 55+. *Do not have to be a patient of the BAFHT or a tenant of MW Apartments to attend.* **Runs 48 weeks a year! Tuesdays and Thursdays @ 10:15-11:15am at the Maplewood's Apartments, Common Room Wednesdays and Fridays @ 9:30-10:30am at the Bluewater Area Family Health Team, Community Room** Each class is 60 minutes (seated and/or standing) with a warm up, cardio strength training, balance and stretching. We do a 5 minute Falls Prevention education component at the end of each class. The classes are offered for varying levels of abilities and offer different levels of intensity. *The classes are low impact (no jumping) and are suitable for everyone.* Clients are reminded to self-monitor throughout the class and work within their abilities.

HOW TO REGISTER: Please call 1-844-482-7800.

Partnership between One Care Community Support Services, Blue Water Rest Home and the Bluewater Area Family Health Team

Volunteers are always welcome – if you or someone you may know might be interested, give us a call – it's a fun and rewarding experience!



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

