



SERVING ZURICH AND AREA SENIORS

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

Transportation News:

Monday November 4th - Sarnia

Hit up Lady Luck at the Casino, or hit the mall and stores for a little retail therapy!!

Cost: Bus Ride \$17 + Lunch

Monday November 18th – Hyde Park

Just a quick stop for a bite to eat, and on to some Christmas shopping – something for yourself or your loved ones 😊

Cost: Bus Ride \$12 + lunch

Thursday, November 28th – London – Western Fairgrounds

London Christmas Craft Show – a lovely show of local vendors and artisans – so many things to see!! Great ideas for unique Christmas gifts! Vendors are also available with food at a food court for a bite to eat, as we won't be stopping in our time frame

Cost: Bus Ride \$12 + Lunch, \$7 admission to show

YOGA

Held in the chapel of the West Huron Care Centre. Bring a mat. Call 519-236-4373 xt 632 to register. Led by Jen Reaburn, and pay as you go or pay per session!

TUESDAYS: Afternoon 4:15 – 5:30 pm
Evenings 6 – 7:15 pm

ERRAND DAYS

Exeter: Tuesdays, Nov. 5, 12, 19, 26

Grand Bend: Wednesday, Nov. 6, 13, 20, 27

\$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 Flu Shot Clinic by the Huron County Health Unit

Located in the Risi Room, West Huron Care Centre **Nov 13th from 3-6:00pm**
Bring Health Card

Wellness News:

Dining for Seniors at 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. **Please sign up by the Monday at noon, before the meal.** Join us on the following days for a meal and program:

- **Nov. 13th:** Blood Pressures @ 11:30am + **Flu Shots available from 3-6pm (more info below)**
- **Nov. 27th:** TBA

Community Foot Care Clinic – Nov 18th 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 general foot maintenance. No referral is necessary, and appointments are available between 9:30 & 3:30. *Call for an Appointment*

Season's Greetings Hands on Cooking Class – November 21st

Located in the Risi Room, West Huron Care Centre 37792 Zurich-Hensall Rd, there is a nominal fee of \$5 to help cover some of the costs. Cook and eat together!!
Call Heidi at 519-236-4373 xt 632 to register

LOOKING FOR SOMETHING FOR A SPECIAL LOVED ONE AT CHRISTMAS?

Consider a gift certificate for a service from Blue Water Rest Home! Gift certificates can be purchased for Dining for Seniors, Meals on Wheels, Foot Care, Massage Therapy, and Barber/Hair Salon services ~ there is something for everyone!! Call Patty at 519-236-4373 ext. 631 for more information

