

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

October 2021

COMMUNITY OUTREACH WELLNESS PROGRAMS– WEST HURON CARE CENTRE

						1 Exercise and Falls Prevention 9:30-10:30am (MW) ON HOLD	2
3 Exercise and Falls Prevention 9:30-10:30am (Risi) ON HOLD	4 FITSTIX – Outdoor Drum Exercise 10:00am (MW) ON HOLD Grocery Delivery 2:00-3:00pm	5 FITSTIX – Outdoor Drum Exercise 10:00am (CW) ON HOLD DanceFit 10:00-11:00am (MW) ON HOLD Community Cooking Event – Hensall 4:00-7:00pm	6 Back N Time Frozen Meal Delivery 12:00-1:00pm (pre order and payment required)	7 Exercise and Falls Prevention 9:30-10:30am (MW) ON HOLD	8	9	
10  HAPPY THANKSGIVING  Office and Programs Closed Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)	11 FITSTIX – Outdoor Drum Exercise 10:00am (MW) Grocery Delivery 2:00-3:00pm	12 FITSTIX – Outdoor Drum Exercise 10:00am (CW) Community Meal Delivery 12:00-1:00pm (sign up required) FOOTCARE (please call to book appt.)	13 *Deadline to register for Memory and Aging Program* OneCare Staff Meeting 1:00-3:00pm	14 Exercise and Falls Prevention 9:30-10:30am (MW)	15	16	
17 Exercise and Falls Prevention 9:30-10:30am (Risi) Home Support Exercise 10:30-11:00am (MW) Grocery Delivery 2:00-3:00pm	18 FITSTIX – Outdoor Drum Exercise 10:00am (MW)	19 FITSTIX – Outdoor Drum Exercise 10:00am (CW) DanceFit 10:00-11:00am (MW)	20 MW CHAP 9:00-11:00am Community Meal Delivery 12:00-1:00pm (sign up required) Community CHAP 1:30-3:30pm (Risi- appointment required)	21 Exercise and Falls Prevention 9:30-10:30am (MW)	22	23	
24 Exercise and Falls Prevention 9:30-10:30am (Risi) Home Support Exercise 10:30-11:00am (MW) FOOTCARE (please call to book appt.) Grocery Delivery 2:00-3:00pm	25 FITSTIX – Outdoor Drum Exercise 10:00am (MW) BW CHAP 1:30-3:30pm	26 FITSTIX – Outdoor Drum Exercise 10:00am (CW) Community Meal Delivery 12:00-1:00pm (sign up required) MAP 1:30-3:30pm (Risi)	27 NATIONAL CHOCOLATE DAY!	28 Exercise and Falls Prevention 9:30-10:30am (MW)	29	30	



Halloween

Legend:

MW= Maplewoods

BW= Birchwoods

CW= Cedarwoods

CHAP= Blood Pressure Clinic

Risi= West Huron Care Centre Risi Room

MAP= Memory and Aging Program