



## Seniors and Adults with Disabilities Programs

### Meal on Wheels

Deliveries Monday/Wednesday/Friday at the noon meal

### Transportation

Providing essential rides only at this time

### Chair Yoga

Every Monday at the HUB \$2.00/class - 9:30 a.m.

### FUNctional Fitness

Class is full, however, we are accepting names for the cancellation call list

### Talk it Out Support Group

December 17th  
10:00 a.m. - noon



### Neurological Support Group

Held via Zoom the 2nd and 4th Monday of each month  
10 a.m. - 12 noon

### Acquired Brain Injury Support Group

Running in person the 2nd Tuesday of each  
month 1- 3 p.m., HUB

### Caring Crafters

Running in person every Monday 1:30 - 3:30 p.m.  
HUB

### Walk n' Dine

Running in person the 1st Thursday of each month  
11:00 a.m. - noon, HUB

### Arting Around

Running in person 2nd Wednesdays  
10:00 a.m. - noon, HUB

**Programs have limited space at this time.  
Pre-registration is necessary.**

Please call Shelly at 519-768-1715, Ext. 2210

## Let's Connect Programs

### Cookin' Kids - December 1st and 3rd

4:30 - 6:00 p.m. (4 per class)

Call Cindy at 519-768-1715, Ext. 2202 to register

### Cooking with Let's Connect Families (Virtual)

December 22nd @ 5:00 p.m. - 6:30 p.m.

Call Cindy at 519-768-1715, Ext. 2202 to register

### Grow with Baby (by appt. only at West Elgin CHC)

December 15th - call Debi at 519-768-1715, Ext. 2312

### "New and Improved" Storytime with Little Chefs

December 2nd and 16th

Call Cindy for information or to register at Ext. 2202

### Children's Fitness (HBHL) Facebook Live

Monday, December 7, 5:30 p.m. - 6:30 p.m.

### @ The Kitchen Table (10-12 years)

No program in December. See you in January!

### Teen Cooking (13-18 yrs)

No program in December. See you in January!

### Krazy Kitchen

No program in December. See you in January!

### Parent Cafe Returns

December 2nd, 10 - 11 a.m. Call Kristyn to register at  
Ext. 2314. Limited childcare space.

## BEFORE COMING TO THE CENTRE PLEASE CALL FIRST at 519-768-1715

The Centre is following provincial directives for service delivery. Coming to the Health Centre continues to be by appointment only please. We will see people in person only if needs cannot be met by telephone or by virtual appointments. To stay updated about our programs and services, please call 519-768-1715. Visit our website at wechc.on.ca or our Facebook page.

### Hours of Service

Monday - Friday 8:30 a.m.-4:30 p.m.  
Closed 12 noon-1 p.m.

Masks must be worn at the Health Centre



The West Elgin Community Health Centre team works with our communities and our partners to provide accessible, high quality health care, health promotion and community support services.

153 Main Street,  
West Lorne, Ontario N0L 2P0  
T 519-768-1715 F 519-768-2548

info@wechc.on.ca  
wechc.on.ca

### HOURS

Monday - Friday  
8:30am-4:30pm

Every  
One  
Matters.



## Holiday Dinner

December 15th

If you are finding it hard to make ends meet this year, please call and reserve your holiday dinner with turkey and all the trimmings.

Due to Covid-19, meals will be picked up at Tasty Sweets in West Lorne and enjoyed at home. The meal has been graciously donated by local farmers and businesses in our community and prepared by Tasty Sweets and our wonderful volunteers of the Health Centre. Call 519-768-1715 Ext. 2400 or extension 2210 to make a reservation. Please let us know if transportation is a concern.

## COUNTDOWN TO CHRISTMAS

This year *Elves* will be delivering Christmas bags to your home so your family can celebrate Countdown to Christmas with the *Let's Connect* team! Register by December 4th by calling 519-768-1715, Ext. 2202 for Cindy or Ext. 2314 for Kristyn.

SANTA'S HELPERS  
WILL BE DROPPING  
OFF BOXES THE  
WEEK OF  
DECEMBER 7TH.

EACH BOX WILL INCLUDE:  
- SUPPLIES TO CREATE 4  
DIFFERENT CRAFTS GEARED  
TOWARDS 2-6 YEAR OLDS  
- ACTIVITY SHEETS  
- SPECIAL  
SURPRISES!

SONGS AND STORIES  
WILL BE HELD  
VIRTUALLY ON  
DEC. 17TH (TIME TBD)  
& A SUPER SPECIAL  
GUEST WILL BE JOINING  
EACH SESSION.

Space is Limited!



## Happiness 101



A free "virtual" 7-week educational group for anyone who wants to be happier whether you feel depressed or content. You will learn how to purposely create happiness for yourself. This interactive, positive psychology program is open to adults 18 and older.

Starting January 5th (orientation session)  
Tuesday Evenings 6:00 p.m. - 8:00 p.m.

by ZOOM Video Link  
(reliable internet and a device that supports video calls required)

To register call Rob at 519-768-1715, Ext. 2230