

Healthy Living



POOL & FITNESS CENTRE

The Dryden Pool & Fitness Centre is a multipurpose facility and offers a wide variety of instructional and non-instructional activities and programs for all age groups and fitness levels. Patrons may establish and maintain their fitness routine in our 25 m Pool that also offers a Therapeutic Pool and a Sauna, a state-of-the-art Cardio Room, a Weight Room equipped with plate loaded, selectorized equipment and free weights, and Courts offering squash, racquetball, basketball, and wallyball. A great variety of group fitness classes on land and in the water

offer structured fitness routines for those who are looking for guidance in combination with a fun social environment. No need to fall into an exercise rut, as there are a lot of opportunities for the well-known benefits of cross training. Information on current schedules can be found on the City of Dryden website www.dryden.ca - And if you are just looking for a room to hold your meeting, workshop or birthday party, rent our Activity Room, Meeting Room or Multipurpose Room!

FITNESS CENTRE & COURTS HOURS OF OPERATION

FITNESS CENTRE

Mon. - Fri. 6:00 a.m. - 9:00 p.m.
Sat. & Sun. 8:00 a.m. - 8:00 p.m.
Main Contact: Ruth Jacklin
Phone: (807) 223-1430
E-mail: rjacklin@dryden.ca

COURTS (squash & racketball)

Mon. - Fri. 6:00 a.m. - 9:00 p.m.
Sat. & Sun. 8:00 a.m. - 8:00 p.m.

CASH ADMISSION

Child (0-5 yrs.)	\$ 1.00
Youth (6-18 yrs.)	\$ 3.50
Adult (19-59 yrs.)	\$ 5.75
Senior (60+ yrs.)	\$ 3.50
Waterslide (6+)	\$ 1.50

* Information on current schedules and fees can be found at the Front Desk.



Information can be found on the City of Dryden website www.dryden.ca/living_in_dryden/recreation/

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
* 6:45-9:00 am Early Bird Swim	* 6:45-9:00 am Early Bird Swim	* 6:45-9:00 am Early Bird Swim	* 6:45-9:00 am Early Bird Swim	* 6:45-9:00 am Early Bird Swim		
* 9:00-9:45 am Waterfit	* 9:00-9:45 am Deep End Waterfit	* 9:00-9:45 am Waterfit	* 9:00-9:45 am Deep End Waterfit	9:00-10:00 am Maintenance	9:00-10:00 am Red Cross Lessons	
10:00-10:30 am Red Cross Preschool	* 10:00-11:30 am Family/Adult Swim	10:00-11:00 am School Lessons	* 10:00-11:30 am Family/Adult Swim	10:00-11:00 am School Lessons	10:15-11:15 am Red Cross Preschool	10:00-11:00 am Private Lessons
11:00-11:30 am Aqua Arthritis		11:00-11:30 am Aqua Arthritis		11:00-11:30 am Aqua Arthritis	11:30-1:00 pm Lunch Hour Laps	11:30-1:00 pm Lunch Hour Laps
* 11:30-1:00 pm Lunch Hour Laps	* 11:30-1:00 pm Lunch Hour Laps	* 11:30-1:00 pm Lunch Hour Laps	* 11:30-1:00 pm Lunch Hour Laps	* 11:30-1:00 pm Lunch Hour Laps		
1:00-1:30pm Aqua Arthritis	1:00-2:00 pm School Lessons	1:00-1:30 pm Aqua Arthritis	1:00-2:00 pm School Lessons	1:00-1:30 pm Aqua Arthritis	* 1:00-3:00 pm Public Fun Swim Slide	* 1:00-3:00 pm Public Fun Swim Slide
		* 1:30-3:00 pm Family/Adult Swim				
M A I N T E N A N C E					3:15-4:15 pm Private Lessons	3:15-4:15 pm Private Lessons
4:00-5:45 pm Red Cross Lessons	4:30-6:15 pm Red Cross Lessons	4:00-5:45 pm Red Cross Lessons	4:30-6:15 pm Red Cross Lessons	3:45-5:15 pm Inservice	4:30-6:00 pm Rentals/Courses	4:30-6:00 pm Rentals/Courses
* 6:00-8:00 pm Dolphins	* 6:15-7:15 pm Dolphins	* 6:00-8:00 pm Dolphins	* 6:15-7:15 pm Dolphins	5:30-6:30 pm Red Cross Preschool	* 6:00-8:00 pm Public Fun Swim Slide	* 6:00-8:00 pm Public Fun Swim
	* 7:30-8:15 Waterfit Sept. 8 - Dec. 10 Jan. 5 - April 1		* 7:30-8:15 Waterfit Sept. 8 - Dec. 10 Jan. 1 - April 1			
* 8:00-9:00 pm Adult Swim	* 8:15-9:00 pm Adult Swim	* 8:00-9:00 pm Adult Swim	* 8:15-9:00 pm Adult Swim	* 7:00-9:00 pm Toonie Swim Free Slide		

* Sauna Available

RECREATION COMPLEX

The Recreation Complex offers 2 Arenas and oversees a variety of outdoor areas, such as Baseball Diamonds, Soccer Pitches, a Skateboard Park, and an outdoor rink at Milestone. It also provides a wide range of programs to its clientele, including

Summer and Winter Youth Camps, as well as various programs and workshops to support local groups such as the Community Garden and the Canoe & Kayak Club.

ARENA WALKING

The Dryden Recreation Complex offers year round indoor walking Monday - Friday, 8:30 a.m. - 4:00 p.m. except for holidays. If the rain is getting to you or the snow is blowing, you can drop by the Dryden Recreation Complex to keep on walking. For those wishing to keep track: 10 laps = 1 Mile or 6 laps = 1 km. Grab your shoes, sign in at the office and get walking! For more information call 223-1426.

RECREATION COMPLEX HOURS OF OPERATION

Mon. - Fri. 8:30 a.m. - 4:30 p.m.
Main Contact: Karen Nickle
Phone: (807) 223-1425





"Leading the way to Better Health"

Dryden Regional Health Centre: 223.8200

Visiting Hours: 11:00 am to 8:00 pm

Maternity Visiting hours for fathers & significant others: 24 Hours

Emergency Department:

Physician is on-site from 8:00 am to 11:00 pm and available for urgent and emergency cases 24 hours/day. Patients are triaged by a Registered Nurse on arrival and will be seen according to urgency.

Telehealth Ontario: 1-866-797-0000 for 24 hour information and health advice.

Cardiac Rehabilitation: 223.8232

Structured exercise program for patients with cardiac disease under the supervision of a Registered Physiotherapist. Physician referrals are required.

Mental Health and Addictions Services: 223.6678

Counseling for individuals 16 years of age and older with a mental health concern. Specialized counseling for alcohol and substance abuse and problem gambling to clients aged 12 years and older. Referrals: accepted from individuals, physicians, family members or other service providers

Anishinaabe Patient Navigator: 223.6678

A link between Traditional and Western medicine. Translation services, health education and awareness, traditional teachings and ceremonies Mental health counseling

Crisis Response Services Kenora Rainy River District: 1-866-888-8988

Crisis prevention and intervention, information and referrals for men and women 16 and older Confidential services are offered 24 hours a day, seven days a week over the phone (toll-free) or in person. Short-term, supportive accommodation available for individuals who are experiencing a mental health crisis, have a mental illness and need short-term housing, require respite services due to mental illness, or need non-medical support during withdrawal from alcohol and/or drugs.

Sexual Assault and Domestic Violence: Emergency Department - 24 hours a day

Administration office: 223.7427 for information Medical and emotional care for individuals who have been sexually assaulted or have experienced domestic violence.

Family Health Team: 223-7406

Call to arrange for consultation with a Family Health Team member. Blood pressure checks, well-baby checks, flu shots, smoking cessation, weight loss. Management of diabetes, arthritis, COPD, asthma, high blood pressure, high cholesterol Relationship/marriage counseling, anger management

"Volunteers are welcome at the Dryden Regional Health Centre!"

Volunteer Program: 223.8407

Individuals in the community are invited to join the volunteer program. Volunteers contribute by greeting visitors at the information desk, visiting inpatients, caring for the outdoor flowers and shrubs, or assisting in patient care areas.

Dryden Regional Health Centre Auxiliary: 223.8407

The Auxiliary is always open to new members. This volunteer group runs the Gift Shop, manages the vending machines in the lobby and holds an annual Christmas craft and bake sale.

Donations to the equipment fund are gratefully accepted through the Dryden Regional Health Services Foundation, Box 3003, Dryden, ON P8N 2Z6 or call 223.8808 for more information.



Visit www.dh.dryden.on.ca for more info.





Canadian Red Cross Croix-Rouge canadienne

CELEBRATING 100 YEARS | 1909-2009



EMERGENCY PREPAREDNESS - EXPECT THE UNEXPECTED

Know the Risk, Make a Plan, Get a Kit
"Be prepared, not scared"



Canadian Red Cross Croix-Rouge canadienne

First Aid and CPR – Standard and Emergency levels of first aid includes CPR levels A through HCP.

RespectEd – Violence and Abuse Prevention Education. Its mission is to break the cycle of abuse, neglect, harassment and interpersonal violence through prevention education, and in so doing, to promote safe, respectful and supportive relationships for individuals, within the community and within the family.

Disaster Management – Response to both personal and large scale disasters with the provision of food clothing and shelter for those affected and in need.

HELP – The Health Equipment Loan Program (HELP) loans mobility aids on a short-term basis to people recovering in their homes from injury, illness or surgery.

Senior Transportation – The Red Cross now has a van available to our community seniors to get safely to their health care appointments. This is made possible with volunteers who take the time out of their busy schedules to dedicate their time to driving these seniors. If you are interested in volunteering please contact the Red Cross office.

Courses run from 8 a.m. to 4 p.m. – Please register in advance

	September	October	November	December	January	February	March
Babysitting	26th	19th	13th	5th	29th	27th	27th
First Aid & CPR	9th & 10th 19th & 20th	7th & 8th 17th & 18th	7th & 8th 18th & 19th	12th & 13th 16th & 17th	9th & 10th 20th & 21st 30th & 31st	10th & 11th 20th & 21st	3rd & 4th 24th & 25th

If you would like more information about the Red Cross or the services they provide please contact the office at 223-4751.



Disaster Preparedness for Seniors

Our goal is to educate individuals in Emergency Preparedness to be self sufficient for at least 72 hours following a disaster. Starting October - Monthly Presentations, 3rd Wednesday of each month. Location to be determined. Group Presenters (upon request) and 55+ peer to peer program. Contact the Dryden Branch @ (807) 223-4751.





BUYING LOCALLY BENEFITS AND STRENGTHENS COMMUNITIES...

It boosts the local economy with food dollars.

Brings together and supports community members.

Growing, cooking and eating food together are important social activities.

BUYING LOCALLY GROWN FOOD IS GOOD FOR CONSUMERS...

Know where and how food is grown and who grows it.

Locally grown produce is fresh and tasty and does not require long distance transportation.

Consumers can support local agriculture, protect farm land and contribute to a healthy local economy.

They become more aware of their relationship to the land and our food that makes our lives possible.

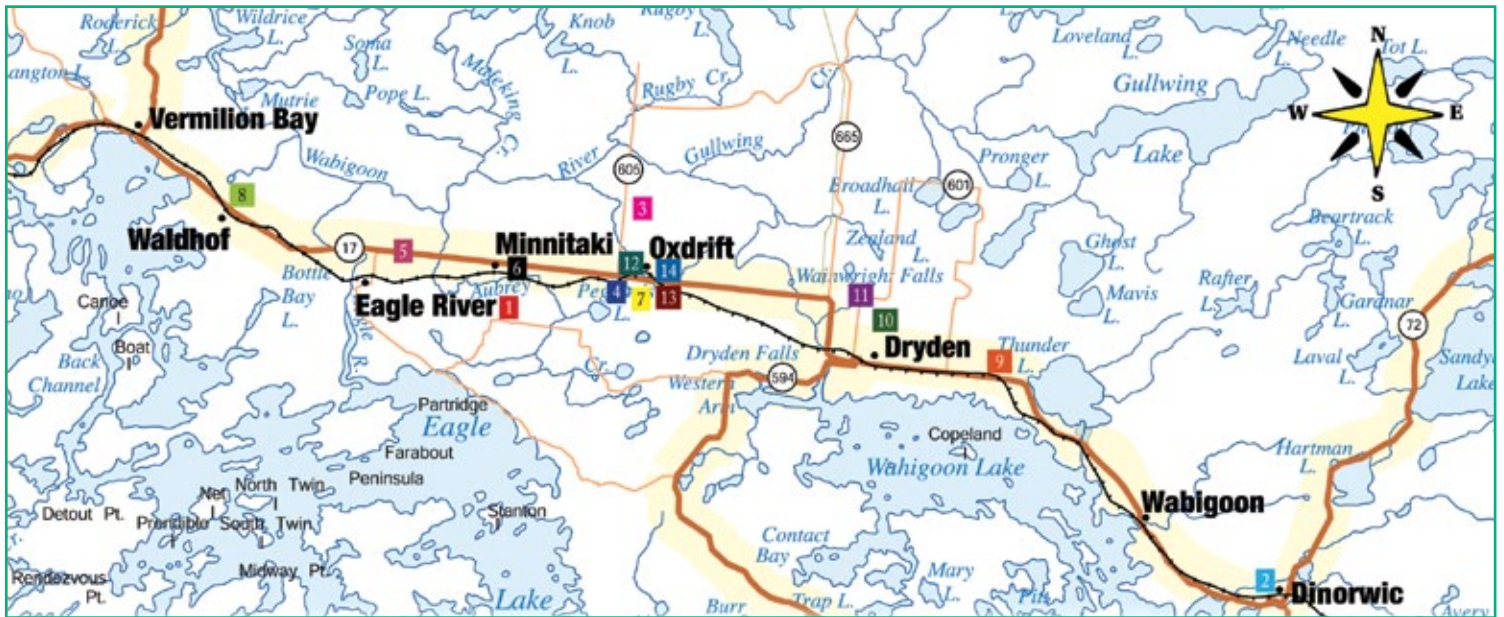
BUYING LOCALLY GROWN FOOD IS GOOD FOR FARMERS...

Farmers know where their food goes and are recognized as being vital members of the community.

They can grow food in harmony with nature and sell that food to consumers with fewer middlemen.

Farmers can focus on growing food and not the pressure of global market fluctuations.

DRYDEN AREA FOOD MAP - EAT LOCAL ... EAT FRESH!



<p>1. BENHOLME FARM & SONS Dean & Darlene Benham #455 Minnitaki Road South, Box 5 Minnitaki, ON P0V 2E0 807-755-5640</p>	<p><i>Locally Raised and Fed Beef, Pork & Chicken</i></p>	<p>8. HONEY MILL FARM Ron Rhyner 259 Old School Road Waldhof, ON P0V 2X0 807-227-2872</p>	<p><i>Vegetables, Honey</i> Open June - Oct. Please Call Ahead</p>
<p>2. BLUE SKY FARM Mary Bea Kenny 204 Turgeon Road Dinorwic, ON P0V 1P0 807-938-1346</p>	<p><i>Regional Natural Herbs & Teas Natural Herb Equine Blends Wild Craft Products & Materials</i> Call for hours Open Year Round</p>	<p>9. HUTCHINSON FARM ENT. Peter & Amanda Hutchinson 94 Northshore Road Dryden, ON P8N 2Y4 807-938-1351</p>	<p><i>Asparagus, Raspberries, Black Currants, Sweet Corn, Potatoes</i> Open May - Oct. Call Ahead</p>
<p>3. BONNY GLEN FARM Gerald & Joyce MacRae 324 Haukeness Road Dryden, ON P8N 2Y5 807-937-6110</p>	<p><i>Locally Grown Natural Beef, No Hormones, Only Grass & Hay Fed, Barley</i></p>	<p>10. OFF GLENGOLAND FARM Kevin Glenister or Susan Hall 150 Sadler Rd., Box 261 Dryden, ON P8N 1B5 807-937-5109</p>	<p><i>Hand-Raised Beef No Hormones Used</i></p>
<p>4. CLOVERBELT COUNTRY FARMERS' MARKET Oxdrift Hall, Hwy. 17 Oxdrift, ON P0V 2J0 807-223-7378</p>	<p><i>Eat Local, Eat Fresh</i> Open Saturdays June - Oct. 9 a.m. - 12 noon</p>	<p>11. MARTIN SHERWOOD 321 Neely Road Oxdrift, ON P0V 2J0 807-937-5739</p>	<p><i>Produce</i> Open July - Oct.</p>
<p>5. EADY'S FARM Tim Eady Hwy. 17 & Baptist Church Road Eagle River, ON P0V 1S0 807-755-2117</p>	<p><i>Vegetable Produce</i> Open Saturdays during summer 12 noon - 4 p.m.</p>	<p>12. SUNSET STOCK COMPANY Jeff & Andrea Emisch 172 Parker Road, Box 133 Oxdrift, ON P0V 2J0 807-937-6279</p>	<p><i>Hormone Free Beef Honey</i> Call Ahead Open Year Round</p>
<p>6. EGLI'S SHEEP FARM Peter Egli 20232 Hwy. 17 West Minnitaki, ON P0V 2E0 807-755-5231</p>	<p><i>Lamb & Elk Meat (Seasonal)</i> Call for hours Open Year Round</p>	<p>13. WALL'S PORK SHOP Bob or Tim & Val Wall 178 Wall Street Aubrey Twp., Box 84 Oxdrift, ON P0V 2J0 807-937-4357 or 807-937-2457</p>	<p><i>Pork BBQs (Catering) Vegetables</i> Call Ahead Open Year Round</p>
<p>7. GRIFFITHS COUNTRY MEATS Marcel & Lori Potter 60 Griffiths Road, Box 10 Oxdrift, ON P0V 2J0 807-937-6716</p>	<p><i>Beef Sides & Quarters, Pork Sides, Custom Meat Wrapping, Sausage Processing</i> Call for hours Open Year Round</p>	<p>14. KENNETH LOVENUK 19054 Hwy. 17 West Oxdrift, ON P0V 2J0 807-937-4349</p>	<p>Call Ahead Open Oct.-Dec.</p>