

September




WELLNESS

WEEKLY GET TOGETHER

21 ANGELINE STREET NORTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Holiday Closure	3 9 - 10 am Nordic Pole Walking 9 - 10 am At Home Virtual Gentle Fit 6 - 7 pm Men's Support Group	4 9 - 10 am In Person/ Virtually screened Chair Yoga 11 am - 12 pm Stay Fit Exercise	5 1:30 - 3 pm Dietitian Discussion Weekly Wellness 3:15-4:15 pm Strength & Balance Exercise	6 9 - 10 am Nordic Pole Walking	7
8	9 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise	10 9 - 10 am Nordic Pole Walking 9 - 10 am At Home Virtual Gentle Fit	11 9 - 10 am In Person/ Virtually screened Chair Yoga 11 am - 12 pm Stay Fit Exercise	12 1:30 - 3 pm Stroke and Primary Care Discussion 3:15-4:15 pm Strength & Balance Exercise	13 9 - 10 am Nordic Pole Walking	14
15	16 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise	17 9 - 10 am Nordic Pole Walking 9 - 10 am At Home Virtual Gentle Fit 6 - 7 pm Men's Support Group	18 9 - 10 am In Person/ Virtually screened Chair Yoga 11 am - 12 pm Stay Fit Exercise	19 1:30 - 3 pm Diamond Painting Weekly Wellness 3:15-4:15 pm Strength & Balance Exercise	20 9 - 10 am Nordic Pole Walking 3 - 4 pm Chair Yoga	21
22	23 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise	24 9 - 10 am Nordic Pole Walking 9 - 10 am At Home Virtual Gentle Fit	25 9 - 10 am In Person/ Virtually screened Chair Yoga 11 am - 12 pm Stay Fit Exercise	26 10 - 12 pm & 1 - 3 pm Cooking Class 3:15-4:15 pm Strength & Balance Exercise	27 9 - 10 am Nordic Pole Walking 3 - 4 pm Chair Yoga	28
29	30 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise					

If you are attending a program for the first time, please register by calling 705-324-7323 ext 181 or wellness@ccckl.ca

PROGRAM DESCRIPTIONS

Ease into Exercise

This exercise class is a low impact class designed to help older adults **new to exercise** improve their balance, strength, and flexibility to reduce the risk of falling. Classes focus on functional movements that mimic everyday tasks. Classes are held at 21 Angeline St. N **Pre-registration required.**

Stay Fit Exercise

This exercise class is designed to help older adults improve their balance, strength, and flexibility to help reduce the risk of falling. Exercises are a next step option for beginners, while still prioritizing safety and falls prevention. Classes are held at 21 Angeline St. N. **Pre-registration required.**

Virtual Gentle Fit

Offered in partnership with the Brock CHC, Virtual Gentle Fit aims to improve and maintain functional fitness through strength, balance and cardio exercises. Classes are held virtually - **attend from home.** Please contact us for the zoom link.

Virtual Chair Yoga

Offered in partnership with the Brock CHC, virtual chair yoga focuses on stretch and meditation practice to help calm the mind, relax the body, ease stiffness, and improve balance, and strength. This class is screened at our 21 Angeline St. N location, options to **attend in-person** or from home - zoom link provided by request.

Nordic Pole Walking

Walking with Nordic Poles involves planting the poles behind you and pushing off with them as you walk, engaging the upper body and the legs. This results in a more intensive workout compared to regular walking. Walking poles can be provided by request. Our free sessions are led by certified instructors at **Nayoro Park** in Lindsay. **No pre-registration required.**

Strength & Balance

Join us as we build muscle strength, muscle endurance, and practice balance activities. This group has benefits for bone health, while encouraging skills related to stability and coordination. Classes are held at 21 Angeline St. N. **Pre-registration required.**

Thursday's Weekly Wellness

Each week we invite community to drop into our space to socialize with others, learn new skills, meet new people and get connected with community supports. Located at 21 Angeline St. N there is no cost to take part in the sessions. Care partners, families and friends are welcomed to attend as well.

Cooking Class

This session is designed to help people eat well and prepare nutritious meals. Participants get the opportunity to improve their cooking skills, try new recipes, and receive nutritional advice from our Registered Dietitian. Located at 21 Angeline St. N there is a \$5 fee to take part in the sessions. Sessions are offered at 10 am and again at 1 pm - both sessions follow the same recipes. **Pre-registration required.**