

November



WELLNESS

WEEKLY GET TOGETHER

21 ANGELINE STREET NORTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise	5 12:00 pm Diners Club at Melbourne St Men's Support Group CANCELLED 6 - 7 pm Walk The Halls LCVI	6 11 am - 12 pm Stay Fit Exercise 1-1:45 pm Ease into Strength & Balance Exercise	7 3:15-4:15 pm Stay Fit - Strength & Balance Exercise 6 - 7 pm Walk The Halls LCVI	8 3:30 - 4:30 pm Chair Yoga	9
10	11 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise	12 6-7 pm Walk The Halls LCVI	13 11 am - 12 pm Stay Fit Exercise 1-1:45 pm Ease into Strength & Balance Exercise	14 1:30 - 3 pm Stroke & Clinical Supports Discussion 3:15-4:15 pm Stay Fit - Strength & Balance Exercise 6 - 7 pm Walk The Halls LCVI	15 3:30 - 4:30 pm Chair Yoga	16
17	18 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise	19 12:00 pm Diners Club at Melbourne St 6 - 7 pm Men's Support Group 6 - 7 pm Walk The Halls LCVI	20 11 am - 12 pm Stay Fit Exercise 1-1:45 pm Ease into Strength & Balance Exercise	21 1:30 - 3 pm Holiday Cards Craft 3:15-4:15 pm Stay Fit - Strength & Balance Exercise 6 - 7 pm Walk The Halls LCVI	22 3:30 - 4:30 pm Chair Yoga	23
24	25 1 - 2 pm Stay Fit Exercise 3 - 4 pm Ease into Exercise	26 6 - 7 pm Walk The Halls LCVI	27 11 am - 12 pm Stay Fit Exercise 1-1:45 pm Ease into Strength & Balance Exercise	28 10 - 12 & 1 - 3 pm Cooking Class 3:15-4:15 pm Stay Fit - Strength & Balance Exercise 6 - 7 pm Walk The Halls LCVI	29 3:30 - 4:30 pm Chair Yoga	30

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.**

Ease Into Strength & Balance

Beginner level seated class to regain, and develop muscle strength, coordination, and balance. 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.**

Walk the Halls

In partnership with the City of Kawartha Lakes Family Health Team, Walk in the Halls provides the chance to walk in a warm, safe, and fun environment during the winter months. The program is suitable for all ages and fitness levels. Step count logs and a limited number of pedometers are available so participants can track their progress. **Sessions are held at LCVI.**

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.**

Stay Fit - 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.

Crafts

As part of our Weekly Wellness programming, CCKL offers peer-led craft classes at no cost. Once a month, Betty leads a seasonally themed activity that includes all craft materials. This class is open to all community members, so bring your friends and bring your creativity! Classes will be held at 21 Angeline St. N. **Pre-registration required by the first Thursday of the month.**

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 by the third Thursday of the month.**