

FEBRUARY 2025



WELLNESS
WEEKLY GET TOGETHER
 21 ANGELINE STREET, NORTH

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3 11 am - 12 pm Stay Fit 1-2 pm Stay Fit 3-4 pm Ease into Exercise	4 12:45-1:45 pm Stay Fit 25 Hamilton St. 6-7pm Men's Support Group 6-7pm Walk the Halls	5 11 am - 12 pm Chair Yoga 1:30-2:15 pm Ease into Strength & Balance	6 1:30-3pm WIP & Chat 3:15-4:15pm Stay Fit Strength & Balance 6-7pm Walk the Halls	7	8
9	10 11 am -12 pm Stay Fit 1-2 pm Stay Fit 3-4 pm Ease into Exercise	11 12:45-1:45 pm Stay Fit 25 Hamilton St. 6-7pm Walk the Halls	12 11 am - 12 pm Chair Yoga 11:30am - 12:30 pm Stay Fit Lindsay Armouries 1:30-2:15pm Ease into Strength & Balance	13 1:30-3pm Coffee Social 3:15-4:15pm Stay Fit Strength & Balance 6-7pm Walk the Halls	14	15
16	17 Holiday Closure No Programming	18 12:45-1:45 pm Stay Fit 25 Hamilton St. 6-7pm Men's Support Group 6-7pm Walk the Halls	19 11 am - 12 pm Chair Yoga 11:30am - 12:30 pm Stay Fit Lindsay Armouries 1:30-2:15pm Ease into Strength & Balance	20 1pm-3pm Crafts 3:15-4:15pm Stay Fit Strength & Balance 6-7pm Walk the Halls	21	22
23	24 11 am -12 pm Stay Fit 1-2 pm Stay Fit 3-4 pm Ease into Exercise	25 12:45-1:45 pm Stay Fit 25 Hamilton St. 6-7pm Walk the Halls	26 11 am - 12 pm Chair Yoga 1:30-2:15pm Ease into Strength & Balance	27 Cooking Class 10 am-12 pm & 1-3 pm 3:15-4:15pm Stay Fit Strength & Balance 6-7pm Walk the Halls	28	

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.**

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.

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.**

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.**

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! **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.**

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