

OCTOBER 2025

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	All programming takes place at 21 Angeline St N, unless otherwise specified.		1 11 am- 12 pm Chair Yoga 11:30 am - 12:30 pm Stay Fit Lindsay Armouries 3 - 4 pm Ease into Exercise	2 10am - 12pm Cooking with Confidence 1 - 2 pm Stay Fit St. Paul's Anglican 12:30 - 2:30 pm Card & Chat 3:15 - 4:15 pm ChairFIT	3 9 - 10 am Nordic Pole Walking Nayoro Park	4
5	6 11 am - 12 pm Stay Fit St. Paul's Anglican 1 - 2 pm Line Dancing* 3:15 - 4:15 pm ChairFIT	7 9 - 10 am & 6 - 7 pm Nordic Pole Walking Nayoro Park 10 am - 12 pm Community Kitchen	8 11 am- 12 pm Chair Yoga 11:30 am - 12:30 pm Stay Fit Lindsay Armouries 3 - 4 pm Ease into Exercise	9 1 - 2 pm Stay Fit St. Paul's Anglican 1:30 - 3 pm Wellness Connections 3:15 - 4:15 pm ChairFIT	10 9 - 10 am Nordic Pole Walking Nayoro Park 10am - 12pm Cooking with Confidence	11
12	13 Thanksgiving Holiday -NO CLASSES 	14 1 - 3 pm Community Kitchen	15 11 am - 12 pm Chair Yoga 11:30 am - 12:30 pm Stay Fit Lindsay Armouries 3 - 4 pm Ease into Exercise	16 1 - 2 pm Stay Fit St. Paul's Anglican 12:30 - 2:30 pm Crafts 3:15 - 4:15 pm ChairFIT	17	18
19	20 11 am - 12 pm Stay Fit St. Paul's Anglican 1 - 2 pm Line Dancing* 3:15 - 4:15 pm ChairFIT	21	22 11 am- 12 pm Chair Yoga 11:30 am - 12:30 pm Stay Fit Lindsay Armouries 3 - 4 pm Ease into Exercise	23 10am - 12pm Cooking with Confidence 1 - 2 pm Stay Fit St. Paul's Anglican 1:30-3 pm BodyMed Boutique Discussion on Breast Health & Breast Cancer Awareness 3:15 - 4:15 pm ChairFIT	24	25
26 	27 1 - 2 pm Line Dancing* 3:15 - 4:15 pm ChairFIT	28	29 11 am- 12 pm Chair Yoga 11:30 am - 12:30 pm Stay Fit Lindsay Armouries 3 - 4 pm Ease into Exercise	30 10am - 12pm Cooking with Confidence 1 - 2 pm Stay Fit St. Paul's Anglican 3:15 - 4:15 pm ChairFIT	31 12:30-3 pm Pumpkin Painting Social → Call to Register	

*Line Dancing is currently full, please contact us to be added to our waitlist

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



FALLS PREVENTION EXERCISE CLASSES

Chair Fitness

ChairFIT

A seated, music-driven class that involves cardio, upper and lower body work. Concurrently training balance, coordination, and memory. Come groove with us.

Chair Yoga

Beginner level seated yoga class to regain/develop muscle strength, coordination, and balance. This group has benefits for bone health, while encouraging stability and coordination.

All Chair Fitness classes are held at 21 Angeline St. N. **Pre-registration is required.**

Ease into Exercise

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

Nordic Pole Walking

Nordic Pole Walking is a walking exercise that involves planting your poles behind you and pushing off as you walk. This means it engages your upper body muscles, in addition to your legs! This activity is open to beginners of all ages and offers a great opportunity to socialize with your community, while connecting with nature. This group walks at **Nayoro Park** and is lead by certified Nordic Pole Walking instructors. Pre-registration is *not* required.

Stay Fit Exercise

This exercise class is designed to help older adults reduce their risk of falling by improving their balance, strength, and flexibility. Exercises are a next step option for beginners, while still prioritizing safety and falls prevention. Classes are held at St. Paul's Anglican Church. **Pre-registration is required.**

TIME

Together in Movement and Exercise (TIME) welcomes people with balance and mobility issues to focus on functional mobility. Led by trained staff in a safe, supportive environment, this program focuses on improving strength, coordination, and confidence through guided movement. This class is open to individuals living with neurological conditions, age-related mobility issues and weakness after an operation or extended hospital stay. **Please contact us to learn more about our TIME program offerings.**

SOCIAL GROUPS

Cards & Chat

Whether you are bringing your own project to work on or using the provided craft supplies, we welcome you to come and craft while enjoying a snack and great company! Pre-registration is *not* required.

Crafts

As part of our Weekly Wellness programming, CCCKL offers peer-led and seasonally themed craft classes on the third Thursday of each month. All materials and instruction from our experienced volunteer are included for a fee of \$5. This class is open to all community members, so bring your friends and your creativity! Classes are held at 21 Angeline St. N. **Pre-registration is required two weeks prior to event.**

COOKING & NUTRITION EDUCATION

Community Kitchen

Join us for Community Kitchen, a hands-on program where participants learn basic cooking skills by preparing a recipe together. Each session features fresh, local vegetables, and includes guidance on kitchen safety, recipe reading, and teamwork. Participants take home a portion of the prepared food and donate the remaining to the community. No experience needed—just a willingness to learn and share! Classes are held at 21 Angeline St. N Lindsay. Pre-registration is *not* required.

Cooking with Confidence

Join us in a hands-on cooking program designed for *beginners* to practice essential cooking skills, learn basic nutrition principles, and discover how to make healthy meals with ease. Each week, participants will work together as a group to prepare a recipe and taste the results. This is a 4 week educational program and participants *must be available for all 4 sessions*. Cost to participate is \$20. **Pre-registration is required. Call 705-324-7323 ext. 135 to register.**

HEALTH EDUCATION

Wellness Connections

Each month we invite community members to learn about various health education topics. This group goes through online Wellness Connections modules from the the Kawartha Lakes Haliburton OHT and regularly hosts guest speakers who work in various fields of health and wellness. Classes are hosted at 21 Angeline St N.

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**705-324-7323 ext 181 or
wellness@ccckl.ca**

