




CCCKL WELLNESS - JANUARY 2026

CLASS LOCATIONS (LINDSAY)
 Community Care CKL - 21 Angeline St. N.
 LCVI High School - 260 Kent St. W.
 Lindsay Recreation Centre - Upstairs Community Rm.,
 133 Adelaide St. S.
 St. Paul's Anglican Church - Upstairs Rm., 45 Russell St. W.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
	All programming takes place at 21 Angeline St N, unless otherwise specified.			1 New Year's Day - No Classes 	2	3
4	5	6 10am - 12pm Community Kitchen 6 - 7pm Walk in the Halls LCVI	7 11:45am - 12:30pm Stay Fit Lindsay Armouries 12:30-1:15pm Ease into Exercise	8 12:30-2:30pm Cards & Chat 6 - 7pm Walk in the Halls LCVI	9	10
11	12	13 1 - 3pm Community Kitchen 6 - 7pm Walk in the Halls LCVI	14 11:45am - 12:30pm Stay Fit Lindsay Armouries 12:30-1:15pm Ease into Exercise	15 1:30-2:45pm Wellness Connections 6 - 7pm Walk in the Halls LCVI	16	17
18	19 11am-12pm Chair Yoga 11am-12pm Stay Fit St. Paul's 12:15-1:15pm Seated S&S 1-2pm Stay Fit S&B St. Paul's 1:30-2:30pm TIME Lindsay Rec. Centre 3:15 - 4:15pm ChairFIT	20 6 - 7pm Walk in the Halls LCVI	21 11am-12pm Chair Yoga 11:30am - 12:30pm Stay Fit Lindsay Armouries 12:30-1:15pm Ease into Exercise 1:30-2:30pm TIME Lindsay Rec. Centre 3:15 - 4:15pm ChairFIT	22 11:45am-12:45pm Stay Fit S&B St. Paul's 12:30-2:30pm Crafts 1:30 - 2:30 pm Stay Fit St. Paul's 6 - 7pm Walk in the Halls LCVI	23	24 
25	26 11am-12pm Chair Yoga 11am-12pm Stay Fit St. Paul's 12:15-1:15pm Seated S&S 1-2pm Stay Fit S&B St. Paul's 1:30-2:30pm TIME Lindsay Rec. Centre 3:15 - 4:15pm ChairFIT	27 6 - 7pm Walk in the Halls LCVI	28 11am-12pm Chair Yoga 11:30am - 12:30pm Stay Fit Lindsay Armouries 12:30-1:15pm Ease into Exercise 1:30-2:30pm TIME Lindsay Rec. Centre 3:15 - 4:15pm ChairFIT	29 11:45am-12:45pm Stay Fit S&B St. Paul's 1:30 - 2:30 pm Stay Fit St. Paul's 6 - 7pm Walk in the Halls LCVI - CANCELLED	30	31



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.

Seated Strength and Stretch (S&S)

Chair based strength training combined with Chair Yoga. Muscle toning, mobility, and mindfulness all in a seated joint-friendly format

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.**

Walk in 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. This group is suitable for all ages and fitness levels. Step count logs and a limited number of pedometers are available for participants who would like to track their progress. Sessions are held at LCVI. Pre-registration is *not* required.

Stay Fit Exercise



This dance-inspired 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.**

Stay Fit Strength and Balance (S&B)



Join us as we build muscle strength, endurance, and practice balance activities. This group has benefits for bone health, while encouraging skills related to stability AND coordination. Classes are held at St. Paul's Anglican Church. **Pre-registration 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.

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. Pre-registration is *not* required.

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