

CCCKL WELLNESS - MARCH 2026

All programming takes place at 21 Angeline St N, unless otherwise specified.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
1	<p>2 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 3:15 - 4:15pm ChairFIT</p>	<p>3 6 - 7pm Walk in the Halls LCVI</p>	<p>4 11am-12pm Chair Yoga 12:30-1:15pm Ease into Exercise 1-2pm Stay Fit Lindsay Armouries 3:15 - 4:15pm ChairFIT</p>	<p>5 11:45am-12:45pm Stay Fit S&B St. Paul's 1:15-3:15 pm Crafts & Chat 1:30 - 2:30 pm Stay Fit St. Paul's 3:30 - 4:30pm Tai Chi 6 - 7pm Walk in the Halls LCVI</p>	6	7
8	<p>9 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 3:15 - 4:15pm ChairFIT</p>	<p>10 1 - 3pm Community Kitchen 6 - 7pm Walk in the Halls LCVI</p>	<p>11 11am-12pm Chair Yoga 12:30-1:15pm Ease into Exercise 1 - 2 pm Stay Fit Lindsay Armouries 3:15 - 4:15pm ChairFIT</p>	<p>12 11:45am-12:45pm Stay Fit S&B St. Paul's 1:30-3pm Wellness Connections 1:30 - 2:30 pm Stay Fit St. Paul's 3:30 - 4:30pm Tai Chi 6 - 7pm Walk in the Halls LCVI</p>	13	14
15	<p>16 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 3:15 - 4:15pm ChairFIT</p>	<p>17 6 - 7pm Walk in the Halls LCVI - CANCELLED</p>	<p>18 11am-12pm Chair Yoga 12:30-1:15pm Ease into Exercise 1 - 2 pm Stay Fit Lindsay Armouries 3:15 - 4:15pm ChairFIT</p>	<p>19 11:45am-12:45pm Stay Fit S&B St. Paul's 1:15 - 3:15 pm Crafts 1:30 - 2:30 pm Stay Fit St. Paul's 3:30 - 4:30pm Tai Chi 6 - 7pm Walk in the Halls LCVI - CANCELLED</p>	20	21
22	<p>23 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 3:15 - 4:15pm ChairFIT</p>	<p>24 10am - 12pm Community Kitchen 6 - 7pm Walk in the Halls LCVI</p>	<p>25 11am-12pm Chair Yoga 12:30-1:15pm Ease into Exercise 1 - 2 pm Stay Fit Lindsay Armouries 3:15 - 4:15pm ChairFIT</p>	<p>26 11:45am-12:45pm Stay Fit S&B St. Paul's 1:30 - 2:30 pm Stay Fit St. Paul's 3:30 - 4:30pm Tai Chi 6 - 7pm Walk in the Halls LCVI</p>	27	28
29	<p>30 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 3:15 - 4:15pm ChairFIT</p>	<p>31 6 - 7pm Walk in the Halls LCVI</p>				



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

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.

FALLS PREVENTION EXERCISE CLASSES

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. This includes muscle toning, mobility, and mindfulness all in a seated joint-friendly format.

All Chair Fitness classes are held at 21 Angeline St. N.

Tai Chi Fundamentals

This Tai Chi class teaches the basic movements of Tai Chi, with a focus on posture, balance, and controlled breathing. It supports gentle movement, coordination, and relaxation. Classes are held at 21 Angeline St. N.

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.

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, and Lindsay Armouries.

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.**

WALKING GROUPS

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.

SOCIAL GROUPS

Crafts & 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!

Crafts

Our peer-led and seasonally themed craft classes are open to all community members! Materials and instruction are included for a fee of \$5. Classes are held at 21 Angeline St. N. **Pre-registration is required**

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.

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. **Call 705-324-7323 ext 135 to pre-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

