

# CCCKL WELLNESS - JUNE 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
	<p><b>1</b> <b>11am-12pm</b> Chair Yoga</p> <p><b>11am-12pm</b> Stay Fit St. Paul's</p> <p><b>12:05-1:05 pm</b> Seated S&amp;S</p> <p><b>1-2pm</b> Stay Fit S&amp;B St. Paul's</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p>	<p><b>2</b></p> <p><b>12 - 1 pm</b> Stay Fit 25 Hamilton St</p> <p><b>6 - 7 pm</b> Nordic Pole Walking Nayoro Park</p>	<p><b>3</b></p> <p><b>11am-12pm</b> Chair Yoga</p> <p><b>12:05 - 1:05 pm</b> Seated S&amp;S</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p>	<p><b>4</b> <b>11:45am-12:45pm</b> Stay Fit S&amp;B St. Paul's</p> <p><b>1:30-3pm</b> Crafts and Chat</p> <p><b>1:30 - 2:30 pm</b> Stay Fit St. Paul's</p> <p><b>3:30 - 4:30pm</b> Tai Chi</p>	<p><b>5</b></p> <p><b>9 - 10 am</b> Nordic Pole Walking Nayoro Park</p>	<p><b>6</b></p>
7	<p><b>8</b> <b>11am-12pm</b> Chair Yoga</p> <p><b>12:05-1:05 pm</b> Seated S&amp;S</p> <p><b>1-2pm</b> Stay Fit S&amp;B St. Paul's</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p>	<p><b>9</b> <b>12 - 1 pm</b> Stay Fit 25 Hamilton St</p> <p><b>1 - 3pm</b> Community Kitchen</p> <p><b>6 - 7 pm</b> Nordic Pole Walking Nayoro Park</p>	<p><b>10</b></p> <p><b>11am-12pm</b> Chair Yoga</p> <p><b>12:05 - 1:05 pm</b> Seated S&amp;S</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p>	<p><b>11</b> <b>11:45am-12:45pm</b> Stay Fit S&amp;B St. Paul's</p> <p><b>1:30-3pm</b> Wellness Connections</p> <p><b>1:30 - 2:30 pm</b> Stay Fit St. Paul's</p> <p><b>3:30 - 4:30 pm</b> Tai Chi</p>	<p><b>12</b></p> <p><b>9 - 10 am</b> Nordic Pole Walking Nayoro Park</p>	<p><b>13</b></p>
14	<p><b>15</b> <b>11am-12pm</b> Chair Yoga</p> <p><b>12:05-1:05 pm</b> Seated S&amp;S</p> <p><b>1-2pm</b> Stay Fit S&amp;B St. Paul's</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p>	<p><b>16</b> <b>12 - 1 pm</b> Stay Fit 25 Hamilton St</p> <p><b>6 - 7 pm</b> Nordic Pole Walking Nayoro Park</p>	<p><b>17</b> <b>9:45 - 10:45 am</b> Stay Fit</p> <p><b>11am-12pm</b> Chair Yoga</p> <p><b>12:05 - 1:05 pm</b> Seated S&amp;S</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p>	<p><b>18</b> <b>1:15-3:15pm</b> Crafts</p> <p><b>1:30 - 2:30 pm</b> Stay Fit St. Paul's</p> <p><b>3:30 - 4:30pm</b> Tai Chi</p>	<p><b>19</b></p> <p><b>9 - 10 am</b> Nordic Pole Walking Nayoro Park</p>	<p><b>20</b></p>
21	<p><b>22</b> <b>11am-12pm</b> Chair Yoga</p> <p><b>12:05-1:05 pm</b> Seated S&amp;S</p> <p><b>1-2pm</b> Stay Fit S&amp;B St. Paul's</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p>	<p><b>23</b> <b>12 - 1 pm</b> Stay Fit 25 Hamilton St</p> <p><b>6 - 7 pm</b> Nordic Pole Walking Nayoro Park</p>	<p><b>24</b> <b>9:45 - 10:45 am</b> Stay Fit</p> <p><b>11am-12pm</b> Chair Yoga</p> <p><b>12:05 - 1:05 pm</b> Seated S&amp;S</p> <p><b>3:15 - 4:15pm</b> ChairFIT</p> <p>CANCELLED</p>	<p><b>25</b>  <b>1 - 3 pm</b> Summer Social</p> <p><b>1:30 - 2:30 pm</b> Stay Fit St. Paul's</p> <p><b>3:30 - 4:30 pm</b> Tai Chi</p>	<p><b>26</b></p> <p><b>9 - 10 am</b> Nordic Pole Walking Nayoro Park</p>	<p><b>27</b></p>
28	<p><b>29</b> <b>1-2pm</b> Stay Fit S&amp;B St. Paul's</p>	<p><b>30</b> <b>12 - 1 pm</b> Stay Fit 25 Hamilton St</p> <p><b>6 - 7 pm</b> Nordic Pole Walking Nayoro Park</p>				

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

# PROGRAM DESCRIPTIONS

## CLASS LOCATIONS (LINDSAY)

**Community Care** - 21 Angeline St. N.

Nayoro Park - 45 Durham St. E.

**St. Paul's Anglican Church** 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.

### 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

### Nordic Pole Walking

Nordic Pole Walking is a walking exercise that involves planting your poles behind you and pushing off as you walk, engaging upper body muscles plus 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.

## 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. Suggested donation 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*. Suggested donation 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 and wellness topics. Developed in partnership with the Kawartha Lakes Haliburton OHT, this group regularly hosts guest speakers who work in various fields of health and wellness. Classes are held at 21 Angeline St N.

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