

CCCKL WELLNESS - JULY 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
			1 CANADA DAY NO CLASSES	2 11:45am - 12:45pm Stay Fit S&B St. Paul's 1:30-3pm Crafts and Chat 1:30 - 2:30 pm Stay Fit St. Paul's	3 9 - 10 am Nordic Pole Walking Nayoro Park	4
5	6 11am-12pm Stay Fit St. Paul's 1-2pm Stay Fit S&B St. Paul's	7 12 - 1 pm Stay Fit 25 Hamilton St 10am - 12pm Community Kitchen 6 - 7 pm Nordic Pole Walking Nayoro Park	8 9:45 - 10:45 am Stay Fit CANCELLED	9 11:45am - 12:45pm Stay Fit S&B Cancelled 1:30-3pm Wellness Connections Hear Better, Connect Better 1:30 - 2:30 pm Stay Fit Cancelled	10 9 - 10 am Nordic Pole Walking Nayoro Park	11
12	13 11:30 - 12:15 pm Ease into Exercise 12:20 - 1:05 pm Seated S&B 1-2pm Stay Fit S&B St. Paul's	14 12 - 1 pm Stay Fit 25 Hamilton St 1 - 3 pm Community Kitchen 6 - 7 pm Nordic Pole Walking Nayoro Park	15 9:45 - 10:45 am Stay Fit	16 1:15-3:15pm Crafts 1:30 - 2:30 pm Stay Fit St. Paul's	17 9 - 10 am Nordic Pole Walking Nayoro Park	18
19	20 11:30 - 12:15 pm Ease into Exercise 12:20 - 1:05 pm Seated S&B 1-2pm Stay Fit S&B St. Paul's	21 12 - 1 pm Stay Fit 25 Hamilton St 6 - 7 pm Nordic Pole Walking Nayoro Park	22 9:45 - 10:45 am Stay Fit	23 1:30-3pm Crafts and Chat 1:30 - 2:30 pm Stay Fit St. Paul's	24 9 - 10 am Nordic Pole Walking Nayoro Park	25
26	27 11:30 - 12:15 pm Ease into Exercise 12:20 - 1:05 pm Seated S&B 1-2pm Stay Fit S&B St. Paul's	28 12 - 1 pm Stay Fit 25 Hamilton St 6 - 7 pm Nordic Pole Walking Nayoro Park	29 9:45 - 10:45 am Stay Fit	30 1:30 - 2:30 pm Stay Fit St. Paul's	31 9 - 10 am Nordic Pole Walking Nayoro Park	



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 - 21 Angeline St. N.

Nayoro Park - 45 Durham St. E.

St. Paul's Anglican Church 45 Russell St. W.

FALLS PREVENTION EXERCISE CLASSES



Ease into Exercise

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.

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.

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.

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.**

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.

If you are attending a program for the first time, please register by reaching out to:

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

