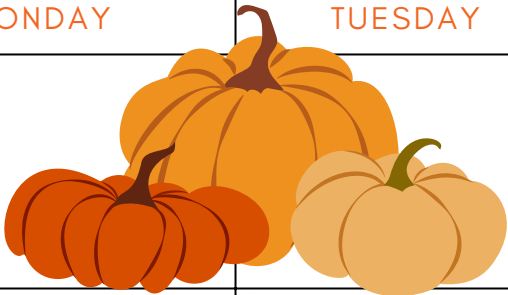


CCCKL WELLNESS - OCTOBER 2026

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
				① 11:45am - 12:45pm Stay Fit S&B St. Paul's 1:30-3pm Crafts and Chat 1:15-1:45pm Cardio Blast St. Paul's	② 9 - 10 am Nordic Pole Walking Nayoro Park	③
④	⑤ 11am-12pm Chair Yoga 12:05-1:05 pm Seated S&S 11:30-12:30pm Stay Fit St. Paul's 3:15 - 4:15pm ChairFIT	⑥ 12 - 1 pm Stay Fit 25 Hamilton St 1:30 - 2:30pm Tai Chi CANCELLED 6 - 7 pm Nordic Pole Walking Nayoro Park	⑦ 11am-12pm Chair Yoga 12:05 - 1:05 pm Seated S&S 1 - 2 pm Stay Fit Lindsay Armouries 3:15 - 4:15pm ChairFIT	⑧ 11:45am - 12:45pm Stay Fit S&B St. Paul's 1:30-3pm Wellness Connections 1:15-1:45pm Cardio Blast St. Paul's	⑨ 9 - 10 am Nordic Pole Walking Nayoro Park	⑩
⑪	⑫ THANKSGIVING NO CLASSES	⑬ 12 - 1 pm Stay Fit 25 Hamilton St 1:30 - 2:30pm Tai Chi	⑭ 11am-12pm Chair Yoga 12:05 - 1:05 pm Seated S&S 1 - 2 pm Stay Fit Lindsay Armouries 3:15 - 4:15pm ChairFIT	⑮ 11:45am - 12:45pm Stay Fit S&B St. Paul's 12-1pm Beginner Drumming Circle 1:30-3pm Crafts 1:15-1:45pm Cardio Blast St. Paul's	⑯	⑰
⑱	⑲ 11am-12pm Chair Yoga 12:05-1:05 pm Seated S&S 11:30-12:30pm Stay Fit St. Paul's 3:15 - 4:15pm ChairFIT	⑳ 10 am - 12 pm Community Kitchen 12 - 1 pm Stay Fit 25 Hamilton St 1:30 - 2:30pm Tai Chi	㉑ 11am-12pm Chair Yoga 12:05 - 1:05 pm Seated S&S 1 - 2 pm Stay Fit Lindsay Armouries 3:15 - 4:15pm ChairFIT	㉒ 11:45am - 12:45pm Stay Fit S&B St. Paul's 12-1pm Beginner Drumming Circle 1:30-3pm Crafts & Chat 1:15-1:45pm Cardio Blast St. Paul's	㉓	㉔
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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.

For mobility issues , there are 2 flights of stairs to climb at St,Paul's

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.

Cardio Blast

This fast paced 30 minute workout features a 5 minute warm up, 20 minutes of cardio and a 5 minute cool down. If you are short on time but want to get moving this is the class for you!

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.

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 phone or email

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

