





Opening Doors September 2021

Mon	Tue	Wed	Thu	Fri
<p>To register or for program information call Rebecca (519)786-4545 Ext. 279 OR (519)344-3017 Ext. 277 OR email reveraert@nlhc.com You MUST register for all indoor and virtual programming. All programming is FREE!</p>		1	2	3
<p>Labour Day </p>	<p>Exercise Equip. Use @ CPRC Sarnia (Enter Maxwell St parking lot) 3:00-4:00pm</p>	<p>Garden Maintenance 8am-12pm Virtual Cooking On ZOOM 1:30-3:00pm</p>	<p>Virtual Seated Chair Exercise Zoom @ 1:30pm Seated Chair Exercise NLCHC@ 1:30pm</p>	<p>Garden Maintenance 8-12pm </p>
<p>Garden Maintenance 8-12pm Virtual Seated Chair Exercise On Zoom @ 1:30pm</p>	<p>Exercise Equip. Use @ CPRC Sarnia (Enter Maxwell St parking lot) 3:00-4:00pm</p>	<p>SOS Start Overcoming Stress Social Worker Presentation On Zoom @ 2:30pm Garden Maintenance 8am-12pm Garden Fresh pick-up 3-4:30p</p>	<p>Virtual Seated Chair Exercise Zoom @ 1:30pm Seated Chair Exercise NLCHC@ 1:30pm Garden Fresh pick-up 1-4p</p>	<p>Garden Maintenance 8-12pm</p>
<p>Garden Maintenance 8-12pm Virtual Seated Chair Exercise On Zoom @ 1:30pm</p>	<p>Exercise Equip. Use @ CPRC Sarnia (Enter Maxwell St parking lot) 3:00-4:00pm</p>	<p>Healthy Eating 101 Registered Dietician Presentation On Zoom @ 1:30pm Garden Maintenance 8am-12</p>	<p>Virtual Seated Chair Exercise Zoom @ 1:30pm Seated Chair Exercise NLCHC@ 1:30pm</p>	<p>Garden Maintenance 8-12pm</p>
<p>Garden Maintenance 8-12pm Virtual Seated Chair Exercise On Zoom @ 1:30pm</p>	<p>Virtual Seated Yoga on Zoom 11am Exercise Equip. Use @ CPRC Sarnia (Enter Maxwell St parking lot) 3:00-4:00pm</p>	<p>Garden Maintenance 8am-12pm Guided Painting On Zoom 1:30-3:00pm</p>	<p>Virtual Seated Chair Exercise Zoom @ 1:30pm Seated Chair Exercise NLCHC@ 1:30pm</p>	<p> North Lambton Community Health Centre  Find us on: facebook</p>