

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

# December 2021

\*\*Camlachie Exercise and Forest Coffee are at capacity. Call 519-786-4545 ext. 250 to be added to a wait list.\*\*

All programs are free and open to everyone!

6 9am Virtual Low Impact 10am In-person Camlachie Exercise 10am In-person Elder's Coffee 10am In-person Thedford Exercise 1:30pm Virtual Chair Exercise	7 8:30am In-person Forest Low Impact 11am Virtual Seated Yoga
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13 9am Virtual Low Impact 10am In-person Camlachie Exercise 10am In-person Thedford Exercise 1:30pm Virtual Chair Exercise <b>2:30pm Managing Holiday Stress</b>	14 8:30am In-person Forest Low Impact 11am Virtual Seated Yoga
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20 Happy Holidays!	21 Happy Holidays!
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27 Happy Holidays! Centre Closed	28 Happy Holidays! Centre Closed
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1 9am Virtual Low Impact 9:30am– 12pm- Virtual Master Your Health Chronic Pain 10am In-person Thedford Exercise
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8 9am Virtual Low Impact 9:30am– 12pm- Virtual Master Your Health Chronic Pain 10am In-person Thedford Exercise
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15—North/Kettle Point Garden Fresh Box Order Pick Up 9am Virtual Low Impact 9:30am– 12pm- Virtual Master Your Health Chronic Pain 10am In-person Thedford Exercise
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22 Happy Holidays!
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29 Happy Holidays!
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2 9am Virtual Low Impact 10am In-person Camlachie Exercise 11am Virtual Yoga 6pm Virtual Night Light
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9 9am Virtual Low Impact 10am In-person Camlachie Exercise 11am Virtual Yoga 6pm Virtual Night Light
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16—Watford Garden Fresh Box Order Pick Up 9am Virtual Low Impact 10am In-person Camlachie Exercise 11am Virtual Yoga 6pm Virtual Night Light
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23 Happy Holidays!
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30 Happy Holidays!
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3 9am Virtual Low Impact 10am In-person Thedford Exercise <b>Garden Fresh Box Orders Due</b>
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10 9am Virtual Low Impact 10am In-person Thedford Exercise
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17 9am Virtual Low Impact 10am In-person Thedford Exercise
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24 Happy Holidays! <b>Centre Closing at 3pm</b>
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31 Happy Holidays! <b>Centre Closing at 3pm</b>
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**Program descriptions on back**

## We now offer Online Program Registration!

Please visit <https://www.nlchc.com/services/wellness-programs/> Be sure to specify which program you are registering for on the top of the form.

If you are feeling unwell, please do not attend in-person classes. Screening will take place prior to every in-person class and Public Health Guidelines will be followed.

**Baby & Me Drop-In (virtual):** Thursdays, 9:30-11am. For more information, or to receive the link to join, email [EarlyON@nlchildcare.ca](mailto:EarlyON@nlchildcare.ca)

**BMI (Body, Mind, Inspired) (virtual):** With a Registered Dietitian. Monthly topics focused on nutrition and healthy lifestyle targeting your best weight. Third Thursday 12-1pm. To register, e-mail [ageorge@nlchc.com](mailto:ageorge@nlchc.com) or 519-786-4545 ext. 307

**Breastfeeding Support:** To learn more about our breastfeeding support that is virtual and free, for more info call 519-786-4545 ext. 231

**Chair Exercise (virtual):** To register, call 519-344-3017 ext. 237 or email [adinell@nlchc.com](mailto:adinell@nlchc.com)

**Managing Holiday Stress (virtual):** Learn how to manage stress around the holidays with Joy Vascotto, Registered Social Worker. To register, call 519-786-3017 ext. 277

### Low Impact Exercise

**Virtual:** Monday, Wednesday, Thursday and Friday 9am. To register, call 519-344-3017 ext. 237 or email [adinell@nlchc.com](mailto:adinell@nlchc.com)

**In-Person: Proof of vaccination required and capacity rules will be followed. Call to reserve your spot.**

Camlachie Community Hall, Mondays and Thursdays, 10-11am, **Currently waitlisted.**

Lambton Shores Recreation Centre, Tuesday, 8:30-9:30am

Theford Legacy Centre, Monday, Wednesday and Friday, 10-11am

**Master Your Health Chronic Pain (virtual):** Techniques to deal with stress, pain, depression & improve sleep, fatigue management, pain medications & treatments. Build confidence, create personal action plans, deal with everyday challenges of living with chronic pain. Light exercises to improve strength & flexibility. **Wednesdays– November 3rd– December 15th, 9:30am—12pm via Zoom. To register visit [https://myhcp\\_nov3.eventbrite.ca/](https://myhcp_nov3.eventbrite.ca/)**

**Night Light (virtual):** Thursdays, 6:00-7:30pm. October 21-December 9th. Finding hope and wellness while managing mental illness. To register, call 519-344-3017 ext. 223

**Opening Doors:** Healthy lifestyle program for individuals living with mental illness or seeking mental health support. For information, call Rebecca at 519-344-3017 ext. 277 or email [reveraert@nlchc.com](mailto:reveraert@nlchc.com)

**Pulmonary Rehab:** Monday & Thursday 3pm (for existing clients at West) Tuesday 10am (for existing clients at North) For people living with Lung Disease. Learn to self manage through education and exercise. To register or for more information call Brenda at 519-786-4545 ext. 265 or Lorie at 519-491-2123 ext. 227

**Yoga (virtual):** Thursdays, 11am, September 30– November 4. To register, call 519-344-3017 ext. 237 or email [adinell@nlchc.com](mailto:adinell@nlchc.com)

**Seated Yoga (virtual):** Tuesdays, 11am, September 28-November 2. For more information call 519-344-3017 ext. 237 or email [adinell@nlchc.com](mailto:adinell@nlchc.com)

