
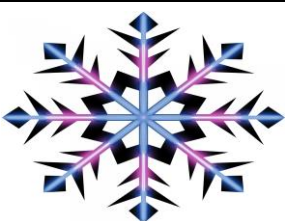


Opening Doors January 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>New Years Day</p> 	<p>2</p>	<p>3</p>	<p>4</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *register required</p>	<p>5</p>
<p>8</p>	<p>9</p> <p>Virtual seated Chair or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm</p>	<p>10</p> <p>Virtual Cooking On ZOOM 1:30-3:00pm</p>	<p>11</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *register required</p>	<p>12</p> <p>Coffee Time @ 10:45am WLCHC</p>
<p>15</p> <p>Wellness Session New Years Goals that Stick. @ 2:30pm On Zoom</p>	<p>16</p> <p>Virtual seated Chair or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm</p>	<p>17</p> <p>NLCHC Forest Chit & Chat This & That 1:30pm-3:30pm Crozier Room Please Register</p>	<p>18</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *register required</p>	<p>19</p> <p>Coffee Time @ 10:45am WLCHC</p>
<p>22</p>	<p>23</p> <p>Virtual seated Chair or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm</p>	<p>24</p>	<p>25</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *register required</p>	<p>26</p> <p>Coffee Time @ 10:45am WLCHC</p>
<p>29</p> 	<p>30</p> <p>Virtual seated Chair or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm</p>	<p>31</p>	<p>Garden Fresh Box Pick-Up FOREST January 17th 3-4pm Garden Fresh Box Pick-Up SARNIA January 18th 1:30-4pm</p>	



We now offer online Program Registration!!



Please visit <https://www.nlchc.com/services/wellness-programs/> (Be sure to specify Opening Doors when you are registering on the top of the form.)

To register contact Marianne in Sarnia, (519)-344-3017 ext.277 or in Forest (519)786-4545 ext.279 or email mhyatt@nlchc.com to register and/or receive the Zoom link. Don't ZOOM? You can listen by telephone, ask me how!

ALL PROGRAMMING IS FREE! If school buses are cancelled due to inclement weather, please note that in-person programs will be cancelled on that day. Some virtual programs may run, depending on staff availability, and you will be notified if this takes place.

CPRC Exercise Equipment use: Tuesdays @ 3-4pm. Cardio-Pulmonary Rehabilitation site – Back Entrance – 460 Christina St. North

Coffeetime: Fridays in Sarnia, (CPRC Site- Back entrance of 460 Christina St. North) @ 10:30a.m. Coffee & conversation, free for everyone.

To register, call Rebecca 519-344-3017 ext. 237 or email reveraert@nlchc.com

Chit & Chat This & That: (Forest-Crozier Room) Wednesday January 17th, 2023 @ 1:30-3:00pm. Drop in to share a drink and snack, use the kitchen to prep mobile market and garden-fresh produce, help make snacks for future gatherings, do a quick craft, or just visit! Registration is required.

Cooking Class: Wednesday January 10th, 2023 @ 1:30pm-3pm. Attended by our Community Dietician Erin Robinson! Each class offers a “feature” fruit or vegetable with accompanying education and recipe video. Group discussion and comments are encouraged and welcome! Offered virtual with opportunity to attend Sarnia Health Centre or Forest Library to watch in person. Opportunity to receive featured produce and garden-fresh box. Must Register.

Virtual Seated Chair Exercises: Tuesdays @ 10:15am & Thursdays @ 1:30pm. Virtual Chair Exercise: Low impact exercise performed standing or seated in a chair, resistance bands are used. All exercise abilities are welcome.

Seated Chair Exercises: In Person Exercise Thursdays @ 1:30pm NLCHC (Forest) Crozier Room: Low impact exercise performed standing or seated in a chair, resistance bands are used. All exercise abilities are welcome.

Social Worker led Wellness Session: New Years Goals that Stick! Monday January 15, 2023 @ 2:30pm.