



Opening Doors February 2024

| Mon | Tue | Wed | Thu | Fri |
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| Garden Fresh Box Pick-Up FOREST February 21 th 3-4pm Garden Fresh Box Pick-Up SARNIA February 22 th 1:30-4pm (Note: Sarnia pick up 4 th Thurs this month) | | | 1 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *Registration required | 2 Virtual Shibashi/Sit or Stand Combo Class On Zoom - 75 mins 10:15am-11:30am |
| 5 | 6 Virtual Sit or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm | 7 | 8 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *Registration required | 9 Virtual Shibashi/Sit or Stand Combo Class On Zoom - 75 mins 10:15am-11:30am |
| 12 Wellness Session Anxiety 101 @ 2:30pm On Zoom *Registration required | 13 Virtual Sit or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm | 14 Virtual Cooking On ZOOM 1:30-3:00pm *Registration required | 15 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *Registration required | 16 Virtual Shibashi/Sit or Stand Combo Class On Zoom - 75 mins 10:15am-11:30am |
| 19 Family Day  | 20 Virtual Sit or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm | 21 NLCHC Forest Chit & Chat This & That 1:30pm-3:30pm Crozier Room **Please Register** | 22 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *Registration required | 23 Virtual Shibashi/Sit or Stand Combo Class On Zoom - 75 mins 10:15am-11:30am |
| 26 | 27 Virtual Sit or Stand Exercise Class 60min On Zoom @ 10:15am Exercise equip use @ CPRC Sarnia 3-4pm | 28 Art & Conversation On ZOOM 1:30-3:00pm *Registration required | 29 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *Registration required |  |



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 (Forest Zone 1 & Sarnia Zone 2), in person programs will be cancelled on this day. Virtual programs may run depending on staff availability; 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

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. (Different Virtual link needed for Tuesday class – contact reveraert@nlchc.com)

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.

Virtual Shibashi/Sit or Stand Combo: Fridays @ 10:15am—75 min class. A combination of movements used in Shibashi and Sit or Stand classes. Shibashi is—Tai chi/qigong is a practice of aligning breath and movement for exercise and health. Shibashi consists of 18 simple steps. It is easy to learn and perfect for beginners. Sit or Stand is performed with the options of either standing or seated in a chair. Resistance bands are used. All exercise abilities are welcome. To register, call 519-344-3017 ext. 237 or email reveraert@nlchc.com (Different Zoom Link needed for this class – Contact reveraert@nlchc.com)

Coffeetime Social Drop In: Fridays @ 10:45a.m. @ West Lambton CHC – please do not arrive prior to 10:45am *Coffee & conversation, free for everyone.

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

Social Worker Led Wellness Session: Conquering Anxiety Workshop - Monday February 12, 2023 @ 2:30pm. Please register.

Cooking Class: Wednesday February 14th, 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 or Forest Health Centre to watch in person. Opportunity to receive featured produce and garden-fresh box. **Must Register.**

Chit & Chat This & That: (Forest-Crozier Room) Wednesday February 21st, 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.**

Garden Fresh Box: The Garden Fresh Box is an inexpensive monthly food buying club for anyone who wants fresh vegetables and fruit all year round. For info, call 519-344-3017 ext. 237 or email reveraert@nlchc.com Orders are accepted in person with payment. Cash ONLY.

Art & Conversation: Wed., Feb. 28, 1:30-3pm. Guided acrylic painting class, offered bi-monthly. **Must register by Fri., Feb. 16!** Supplies will be available for pickup after Feb. 21.