

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30am Low Impact (Thedford) 10am Coffee Time (Kettle Point) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	2 8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual)	3 9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 10:30am Yoga Fitness Fusion (Virtual) 1:30pm Low Impact (Forest Legion) 6:00pm Cooking Buddies (Samia)	4 8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)	5 Garden Fresh Box orders Due! 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
8 9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	9 8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 1:30pm Age Well at Home (Watford)	10 9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 10:30am Yoga Fitness Fusion (Virtual) 1:30pm Low Impact (Forest Legion)	11 8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)	12 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
15 9:30am Low Impact (Thedford) 10am Coffee Time (Kettle Point) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 2:30pm Advanced Care Planning (Virtual)	16 8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual)	17 Garden Fresh Box Pick Up! (Forest) 9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Feeding Your Toddler Class (Virtual) 1:30pm Low Impact (Forest Legion)	18 Garden Fresh Box Pick Up! (Watford) 8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)	19 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
22 9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	23 8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 6:00pm Cooking Buddies (Forest)	24 9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	25 8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford) 1:30pm Age Well at Home (Alvinston) 6:00pm Cooking Buddies (Corunna)	26 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 9:30am Low Impact (Thedford) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
29 9:30am Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 6:00pm Cooking Buddies (Brigden)	30 8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 1pm Age Well at Home (Thedford)	 <h1>April '24</h1> 		

Events are free to all! See back for more info or call Health Promotion at 519-786-4545 X 235

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.)

To register, call 519-786-4545 ext. 235 or email ktieman@nlchc.com to register and/or receive the Zoom link.

In Person Programs

Age Well at Home: Join us for monthly health sessions at various locations in Lambton– County. Register through your local library to sign up. **Locations: April 9th @ 1:30-2:30pm (Watford– 5317 Nauvoo Rd. Watford), April 30th @ 1-2pm (Thedford– 16 Allen St. Thedford). April 25th @ 1:30-2:30pm (Alvinston—3251 River St. Alvinston).**

Coffee Time Social Drop-in: Scheduled meeting places for anyone interested in coffee and socializing.

- **Arkona:** Fridays at 9:00am (@ Orchard View Apartments—7294 Arkona Rd)
- **Forest NLCHC:** Fridays at 9:30am (@ NLCHC-downstairs in Crozier Hall—59 King St. Forest)
- **Kettle Point:** First and third Mondays at 10am (@ Kettle Point Elders Lodge—9260 Lake Road, Kettle & Stony Point First Nation)

Cooking Buddies: Children's cooking classes for ages between 6-12 years old. The class will focus on learning to read recipe cards, measure ingredients, try new foods, and to have fun! Classes will run monthly. **CLASSES ARE FULL AT THIS TIME!** **Locations: April 3rd @ 6-7:30pm (Sarnia—429 Exmouth St. Sarnia), April 23rd @ 6-7:30pm (Forest—59 King St. Forest), April 25th @ 6-7:30p.m. (Corunna-St.Joseph's Church, 346 Beresford St) and April 29th @ 6-7:30pm (Brigden—2435 Courtright Line. Brigden).**

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 more information, call 519-786-4545 ext. 235

Low Impact Exercise: Low impact exercises performed using body weight and resistance bands. All abilities welcome. To register call 519-786-4545 ext. 235 or email ktieman@nlchc.com

- **Forest Low Impact:** Tuesdays & Thursdays at 8:30am (@ The Shores Rec Centre gymnasium—7883 Amtelecom Parkway, Forest) and Mondays and Wednesdays from 1:30-2:30pm (@ Forest Legion—58 Albert St, Forest)
- **Camlachie Low Impact:** Mondays, Wednesdays and Thursdays at 10am (@ Camlachie Community Centre—6767 Camlachie Rd)
- **Thedford Low Impact:** Mondays, Wednesdays and Fridays at 9:30am (@ Thedford Legacy Centre—16 Allen St, Thedford)
- **Watford Chair Exercise:** Tuesdays and Thursdays at 10-11am (@ Watford Legion—5275 Nauvoo Rd, Watford.) This exercise class is low impact chair exercise that will be in group setting in person with having online fitness instructor lead the class.

Virtual Programs

Advanced Care Planning Workshop: April 15th @ 2:30p.m. Prepare yourself and your loved ones by creating and Advanced Care Plan that works for you. To register, call 519-344-3017 ext. 277 or email mhyatt@nlchc.com

Eat Well. Live Healthy Wellness Workshop: Virtual discussion with our Registered Dietitian to discuss about healthy eating, nutrition tools, resources and more! For more information about dates/time and to register, call 519-786- 4545 ext. 307.

Feeding Your Toddler Class: April 17th @ 1:30-3p.m. Toddler feeding can be a challenge. Learn how to support your picky eater and get healthy snack and meal ideas. To register, email EarlyON@nlchildcare.ca

Heart Healthy Living: Virtual discussion with our Registered Dietitian to discuss about types of cholesterol, heart smart diet and healthy heart lifestyle habits. For more information about dates/time and to register, call 519-786- 4545 ext. 307.

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.

Sit or Stand: Tuesdays @ 10:15am—60min class. This exercise 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.

Virtual Yoga Fusion: March 6th—April 10th for 6weeks (Zoom) @10:30-11:30am. Yoga Fitness Fusion combines yoga postures, breath work and fitness repetitions to tone and strengthen the body. We calm the nervous system through breath and intention while focusing on connection to the earth and elements. Feel nourished, connected and renewed in this gentle practice. To register and receive Zoom link, call 519-344-3017 ext. 237 or email reveraert@nlchc.com

Connect with us on our social media pages for all updated information regarding our programs/events!



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