

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>May '24</h1> 		1 9:30am NO Low Impact (Thedford) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	2 8:30am NO Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)	3 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)
		6 9:30am Low Impact (Thedford) 10am Coffee Time (Kettle Point) 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)	7 8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual)	8 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion)
13 10am Low Impact (Camlachie) 1:30pm Low Impact (Forest Legion) 2:30pm Managing Your Mood (Workshop)	14 8:30am Low Impact (Forest Arena) 10am Seated Chair Exercise (Watford) 10:15am Sit or Stand (Virtual) 1pm Anxiety Health Session (Watford)	15 Garden Fresh Box Pick Up! (Forest) 10am Low Impact (Camlachie) 1:30pm Feeding Your Infant (Virtual) 1:30pm Low Impact (Forest Legion)	16 Garden Fresh Box Pick Up! (Watford) 8:30am Low Impact (Forest Arena) 10am Low Impact (Camlachie) 10am Seated Chair Exercise (Watford)	17 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
20 VICTORIA DAY— CLOSED 	21 10:15am Sit or Stand (Virtual)	22 9:30am Indoor Yoga (Camlachie)	23 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)	24 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)
27 10:15am Sit or Stand (Virtual) 12pm BMI—All about Coffee (Virtual) 1pm Anxiety Health Session (Thedford)	28 10:15am Sit or Stand (Virtual) 12pm BMI—All about Coffee (Virtual) 1pm Anxiety Health Session (Thedford)	29 9:30am Indoor Yoga (Camlachie)	30 1:30pm Anxiety Health Session (Alvinston)	31 9am Coffee Time (Arkona) 9:30am Coffee Time (Forest) 10:15am Shibashi/Sit or Stand Combo Class-75 mins (Virtual)

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

Anxiety Health Session: Join us for monthly health sessions at various locations in Lambton– County. Register through your local library to sign up. **Locations: May 14th @ 1:30-2:30pm (Watford– 5317 Nauvoo Rd. Watford). May 28th @ 1-2pm (Thedford– 16 Allen St. Thedford). May 30th @ 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)

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

Indoor Yoga: Starts May 22nd - June 19th for 5wks (@ Camlachie Community Centre) from 9:30-10:30am. All levels welcomed. Please bring a yoga mat is able too. Some mats will be available to use if you don't have one. To register, call Kandis at 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). ****Last class at the Forest arena is May 16th and the Forest Legion is May 15th.**
- **Camlachie Low Impact:** Mondays, Wednesdays and Thursdays at 10am (@ Camlachie Community Centre—6767 Camlachie Rd) ****Last class is May 16th.**
- **Thedford Low Impact:** Mondays, Wednesdays and Fridays at 9:30am (@ Thedford Legacy Centre—16 Allen St, Thedford) **** Last class is May 6th.**
- **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 leading the class. ****Last class is May 16th.**

Virtual Programs

Body & Mind Inspired Class: May 28th (Zoom) @ 12:00-1:00p.m This BMI group is health and wellness support group that is led by 2 registered Dietitians focusing on nutrition. This program is offered bi-monthly. This month's focus is all about coffee. To register, call 519-786-4545 ext. 302 or email bvanbree@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 Infant Class: May 15th @ 1:30-3p.m. Learn about up to date guidelines, how to progress texture modifications, baby led weaning, healthy meal and snack ideas and much more! 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.

Managing Your Mood Workshop: May 13th @ 2:30p.m. Ever wonder why you experience emotions? Join us to learn how to identify your emotions and their purpose. To register, call 519-344-3017 ext. 277 or email mhyatt@nlchc.com

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.

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



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