


Opening Doors May 2024

Mon	Tue	Wed	Thu	Fri
<p><u>Garden Fresh Box Pick-Up FOREST</u> May 15th 3-4pm</p> <p><u>Garden Fresh Box Pick-Up SARNIA</u> May 16th 1:30-4pm</p>		<p>AGE FRIENDLY EXPO 1 10am-6pm Point Edward Arena Visit agefriendlysarnialambton.ca for more info</p>	<p>2 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *registration required</p>	<p>3 Gardeners' Tour of DeGroot's Nurseries 1:30PM **MUST REGISTER**</p> <p>Coffee Time & Virtual Combo Class as on reverse</p>
<p>6 </p>	<p>7 Virtual Sit or Stand Exercise On Zoom, 10:15-11:15am Exercise @ CPRC Sarnia CANCELLED Today Virtual Cooking On ZOOM, 1:30-3:00pm</p>	<p>8 NO PROGRAMMING due to Staff Training</p>	<p>9 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *registration required</p>	<p>10 NO Coffee Time Today (details on reverse)</p> <p>Virtual Shibashi/Sit or Stand Combo Class – 75 minutes On Zoom, 10:15-11:30am</p>
<p>13 Wellness Session "Managing Emotions" @2:30pm On ZOOM or by telephone Registration Required</p>	<p>14 Virtual Sit or Stand Exercise On Zoom, 10:15-11:15am</p> <p>Exercise equipment use @ CPRC Sarnia, 3-4pm *registration required</p>	<p>15 NLCHC Forest Chit & Chat This & That 1:30pm-3:30pm Crozier Room Please Register</p>	<p>16 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *registration required</p>	<p>17 Coffee Time @WLCHC, 10:45am</p> <p>Virtual Shibashi/Sit or Stand Combo Class – 75 minutes On Zoom, 10:15-11:30am</p>
<p>20 Victoria Day </p>	<p>21 Virtual Sit or Stand Exercise On Zoom, 10:15-11:15am</p> <p>Exercise equipment use @ CPRC Sarnia, 3-4pm *registration required</p>	<p>22 FRAUDS & SCAMS Presentation ZOOM & In-Person at WLCHC, 1:30-2:30PM Registration Required</p>	<p>23 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *registration required</p>	<p>24 Coffee Time @WLCHC, 10:45am</p> <p>Virtual Shibashi/Sit or Stand Combo Class – 75 minutes On Zoom, 10:15-11:30am</p>
<p>27</p>	<p>28 Virtual Sit or Stand Exercise On Zoom, 10:15-11:15am</p> <p>Exercise equipment use @ CPRC Sarnia, 3-4pm *registration required</p>	<p>29</p>	<p>30 Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm *registration required</p>	<p>31 Coffee Time @WLCHC, 10:45am</p> <p>Virtual Shibashi/Sit or Stand Combo Class – 75 minutes On Zoom, 10:15-11:30am</p>



We now offer online Program Registration!!



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

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 there is a heat warning advisory, 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: 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.

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 **No Coffee Time on Friday, May 10.**

AGE-FRIENDLY EXPO: Monday, May 1 @ Point Edward Arena, 210 Monk St. Come visit us (NL/WLCHC) and other local supports & services at this event!

Gardeners' Tour: Friday May 3rd, 2023 @ 1:30pm. *This is a special tour for clients who have helped in our gardens in prior years.* You **MUST register** as we can only accommodate a limited number of people on the tour. Rides **may** be available from NLCHC. **Contact Marianne for more information.**

Cooking Class: TUESDAY, May 7th, 2023 @ 1:30pm-3pm. Attended by our Community Dietician Erin Robinson! Each class offers a “feature” fruit, food, 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.**

Social Worker-Led Wellness Session: MANAGING EMOTIONS - Monday May 13th, 2023 @ 2:30pm. Please register.

Chit & Chat This & That: (Forest-Crozier Room) Wednesday May 15th, 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 source 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, by the first Friday of the month. Cash ONLY.

Frauds & Scams: Wed., May 22nd, 2023 @ 1:30pm. (@WLCHC & via ZOOM) Learn the latest scams & how to avoid falling victim to them! **Please register.**

Opening Doors Garden: If you are interested in being part of our Opening Doors Garden program or are looking for support with plants and seeds for your own garden, now is the time to reach out! We will not be posting a garden maintenance schedule as weather makes it too unpredictable, but instead will create a contact sheet of participants and we will communicate weekly the garden schedule. We ask that no one attends the gardens outside of the designated days.