

AUGUST 2024

OPENING DOORS CALENDAR



United Way
Sarnia-Lambton

All of our programs are **FREE!!**
REGISTRATION IS REQUIRED
 See back of calendar for program information or call Health Promotion at (519)344-3017 x 277



West Lambton
Community Health Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Virtual Seated Chair Exercise On ZOOM & In-person @NLCHC 1:30 PM - 2:30 PM	2
5 Civic Holiday CENTRE CLOSED	6 Exercise equipment use @CPRC Sarnia 3:00PM - 4:00PM	7	8 Virtual Seated Chair Exercise On ZOOM & In-person @NLCHC 1:30 PM - 2:30 PM	9 Coffee Time @WLCHC 10:45 AM - 11:45 AM
12	13 Exercise equipment use @CPRC Sarnia 3:00PM - 4:00PM	14 Virtual Cooking ZOOM 1:30 PM - 3:30 PM	15 Virtual Seated Chair Exercise On ZOOM & In-person @NLCHC 1:30 PM - 2:30 PM	16
19	20 Exercise equipment use @CPRC Sarnia 3:00PM - 4:00PM	21 Forest Chit & Chat @ NLCHC Crozier Room 1:30 PM - 3:30 PM GARDEN FRESH BOX PICK UP FOREST NLCHC 3:00 PM - 4:00 PM	22 Virtual Seated Chair Exercise On ZOOM & In-person @NLCHC 1:30 PM - 2:30 PM GARDEN FRESH BOX PICK UP SARNIA WLCHC 1:30 PM - 4:00 PM	23 Coffee Time @WLCHC 10:45 AM - 11:45 AM
26	27 Exercise equipment use @CPRC Sarnia 3:00PM - 4:00PM	28 "WHAT'S IN MY FOOD?" - Nutrition Labels and Ingredients On ZOOM 1 PM - 2 PM	29 Virtual Seated Chair Exercise On ZOOM & In-person @NLCHC 1:30 PM - 2:30 PM	30



OPENING DOORS PROGRAMMING INFORMATION

ALL PROGRAMMING IS FREE - **REGISTRATION IS REQUIRED**



Art & Conversation	Guided acrylic painting class offered bi-monthly. Supplies will be provided.	WLCHC 429 EXMOUTH ST SARNIA
Cardio-Pulmonary Rehab Centre Exercise Equipment use	Stay mobile with gentle exercise, or achieve goals set out by your health provider.	CPRC Back Entrance, 460 Christina St. N.
Chit & Chat This & That	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 come visit.	NLCHC Crozier Room, 59 King St W Forest
Coffee Time social drop-in	Coffee & conversation, free for everyone. This program will be offered through the summer PLEASE CHECK THE CALENDAR	WLCHC 429 EXMOUTH ST SARNIA
Cooking Class	Led by our Dietitian. Each class offers a “feature” fruit, food, or vegetable with accompanying education and recipe video. Group discussions are encouraged and welcome.	NLCHC Crozier Room, 59 King St W, Forest
Garden Fresh Box	Fresh food buying program for fruit and vegetables all year round. Orders are accepted in person with a cash only payment by the first Friday of the month.	WLCHC 429 EXMOUTH ST SARNIA
In-Person Seated Chair Exercises	Low impact exercise performed standing or seated in a chair, resistance bands are used. All exercise abilities are welcome	NLCHC Crozier Room 59 King St W, Forest
Opening Doors Garden	Interested Opening Doors clients come together to plant & tend the vegetable garden & enjoy the fruits of their labour. The schedule is variable & weather dependent. Active participants will be contacted with each week’s schedule.	PLEASE DO NOT ATTEND THE GARDEN OUTSIDE OF DESIGNATED DAYS
Social Worker-Led Wellness Session	Offered Sept through June, with various topics monthly.	ACCESSIBLE BY ZOOM OR TELEPHONE
Virtual Seated Chair Exercises	Low impact exercise performed standing or seated in a chair, resistance bands are used. All exercise abilities are welcome	ACCESSIBLE BY ZOOM
Virtual Sit or Stand Exercise	Exercises can be performed seated or standing depending on ability. All exercise abilities are welcome	ACCESSIBLE BY ZOOM



We Now Offer
Online Registration
Here

To register online visit: <https://www.nlchc.com/services/wellnessprograms/>
Please specify **Opening Doors** on the top of the form when registering.

To register: contact Marianne via email mhyatt@nlchc.com or phone
(519)344-3017 ext. 277 in Sarnia, or (519)786-4545 ext. 279 in Forest,



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