





JANUARY 2026 NLCHC PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Connect with us on our social media pages for updated information on programs and events!  @northlambtoncommunityhealthcentre  @northlambtonchc			1 NEW YEARS DAY - CENTRE CLOSED  	2 <i>Garden Fresh Box Orders Due</i>
5 Low Impact -Thedford, 9:30 AM Seated Exercise -Kettle Pt., 9:30AM Coffee Time - Kettle Pt., 10AM Low Impact - Camlachie, 10 AM QI GONG - NLCHC, 1PM Low Impact - Legion, 1:30 PM	6 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM Line Dancing - Legion, 1:30 PM	7 Low Impact - Thedford,9:30 AM Low Impact - Camlachie, 10 AM Low Impact - Legion, 1:30PM	8 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM	9 Coffee Time - Arkona, 9 AM Coffee Time - NLCHC, 9:30 AM Low Impact - Thedford,9:30 AM (CANCELLED) Walking Fit - 10 AM
12 Low Impact -Thedford, 9:30 AM Elders Cooking - Kettle Pt., 10AM Low Impact - Camlachie, 10 AM QI GONG - NLCHC, 1PM Low Impact - Legion, 1:30 PM	13 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM Line Dancing - Legion, 1:30 PM	14 Low Impact - Thedford,9:30 AM Low Impact - Camlachie, 10 AM Low Impact - Legion, 1:30PM	15 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM	16 Coffee Time - Arkona, 9 AM Coffee Time - NLCHC, 9:30 AM Low Impact - Thedford,9:30 AM Walking Fit - 10 AM
19 Low Impact -Thedford, 9:30 AM Seated Exercise -Kettle Point, 9:30AM Coffee Time -Kettle Point, 10AM Low Impact - Camlachie, 10 AM QI GONG - NLCHC, 1PM Low Impact - Legion, 1:30 PM Mindfulness for Mental Health - Virtual, 3PM	20 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM Line Dancing - Legion, 1:30 PM	21 Low Impact - Thedford,9:30 AM Low Impact - Camlachie, 10 AM Men's Cooking - NLCHC, 10 AM Low Impact - Legion, 1:30PM <i>Garden Fresh Box Pick Up</i>	22 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM	23 Coffee Time - Arkona, 9 AM Coffee Time - NLCHC, 9:30 AM Low Impact - Thedford,9:30 AM (CANCELLED) Walking Fit - 10 AM
26 Low Impact - Thedford, 9:30 AM Low Impact - Camlachie, 10 AM QI GONG - NLCHC, 1PM Low Impact - Legion, 1:30 PM	27 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM Line Dancing - Legion, 1:30 PM	28 Low Impact - Thedford,9:30 AM Low Impact - Camlachie, 10 AM Low Impact - Legion, 1:30PM	29 Low Impact - Shores, 8:30 AM Low Impact - Camlachie, 10 AM Sit or Stand - Watford, 10 AM	30 Coffee Time - Arkona, 9 AM Coffee Time - NLCHC, 9:30 AM Low Impact - Thedford,9:30 AM Walking Fit - 10 AM

PROGRAM	DESCRIPTION
Coffee Time	Join us for free coffee and conversation – everyone is welcome! <u>Arkona</u> : Fridays at 9:00 AM at Orchard View Apartments (7294 Arkona, Rd. Arkona). <u>Kettle Point</u> : Every 1st & 3rd Monday at 10:00 AM at Elders Lodge (6275 Indian Lane, Kettle Point). <u>NLCHC (Forest)</u> : Fridays at 9:30 AM at North Lambton CHC (59 King St. Forest).
Cooking Classes	Improve your cooking skills with healthy recipes! Join us to prep, cook, and enjoy a meal together. Registration required—call Nicole at 519-786-4545 ext. 270. <u>Elders Cooking</u> : January 12th at 10:00 AM at Kettle Point Elders Lodge (6275 Indian Lane, Kettle Point). <u>Men's Cooking</u> : January 21st at 10:00 AM at North Lambton CHC (59 King St., Forest).
Garden Fresh Box	Order fresh fruit and veggies at NLCHC (59, King St. Forest) by the first Friday of each month. Orders must be placed in person and paid with cash only.
Line Dancing	Line Dancing every Tuesday at the Forest Legion starting January 6th at 1:30-2:30p.m! Whether you're a beginner or an experienced dancer, come move to great tunes, have fun, and stay active. To register: Call Nicole at 519-786-4545 ext. 270.
Low Impact Exercise Classes	All locations offer a one-hour session that includes low-impact cardio, bodyweight exercises, and resistance training with bands. <u>Camlachie</u> : Monday-Thursday, 10:00-11:00 AM at Camlachie Community Centre (6767 Camlachie Rd., Camlachie). <u>Forest Legion</u> : Monday & Wednesday, 1:30-2:30 PM at Forest Legion (58 Albert St., Forest). <u>Shores Rec. Centre</u> : Tuesday & Thursday, 8:30-9:30 AM at The Shores Recreation Centre (7883 Amtelecom Pkwy., Forest). <u>Thedford</u> : Monday, Wednesday & Friday, 9:30-10:30 AM at The Legacy Recreation Centre (16 Allen St., Thedford).
Seated Chair Exercise Class	Join us on the 1st and 3rd Mondays at Elders Lodge (6275 Indian Lane, Kettle Point) for seated chair exercise starting at 9:30 a.m., followed by coffee and social time at 10:00 a.m. To register, call Nicole at 519-786-4545 ext. 270.
Sit or Stand Exercise Class	Low-impact cardio, bodyweight, and band exercises—sit or stand options. <u>Watford</u> : Tues & Thurs, 10-11 AM at Watford Legion (5275 Nauvoo Rd.).
Mindfulness for Mental Health-Wellness Session	Join us on January 19th from 3-4 PM for a relaxing introduction to mindfulness practices designed to support your mental well-being, reduce stress, and enrich your everyday life. To register, call 519-786-4545 ext. 279 or email mhyatt@nlchc.com. Participate virtually or by telephone.
Walking Fit	Join us at the Shores Rec. Centre for track walking every Friday from 10 to 11 AM, running from the start of October to the end of April. Don't forget your walking shoes! For more details, call Nicole at 519-786-4545 ext. 279.
QI GONG	Join us every Monday, starting January 5 th for 8 weeks from 1-2 PM for beginner-friendly at North Lambton CHC in Crozier Hall. This gentle practice supports balance, flexibility, and stress relief. To register, call Nicole at 519-786-4545 ext. 270.

Majority of Programs are Free - Registration Required!

Online: nlchc.com/wellness-programs

Phone: Kandis at (519) 786-4545 ext. 235