



Opening Doors July 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Canada Day</p> 	<p>2</p> <p>Exercise equip use @ CPRC Sarnia 3-4pm <i>*registration required</i></p>	<p>3</p>	<p>4</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm <i>*registration required</i></p>	<p>5</p> <p>Coffee Time @WLCHC 10:45-11:45am</p>
<p>8</p>	<p>9</p> <p>Exercise equip use @ CPRC Sarnia 3-4pm <i>*registration required</i></p>	<p>10</p> <p>Virtual Cooking On ZOOM 1:30-3:00pm <i>*registration required</i></p>	<p>11</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm <i>*registration required</i></p>	<p>12</p>
<p>15</p>	<p>16</p> <p>Exercise equip use @ CPRC Sarnia 3-4pm <i>*registration required</i></p>	<p>17</p> <p>NLCHC Forest Chit & Chat This & That 1:30pm-3:30pm Crozier Room ***Please Register***</p>	<p>18</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm <i>*registration required</i></p>	<p>19</p> <p>Coffee Time @WLCHC 10:45-11:45am</p>
<p>22</p> <p>CLAS : Renter's Rights On ZOOM & In-person @ NL & WLCHC 1:30-2:30pm <i>*registration required</i></p>	<p>23</p> <p>Exercise equip use @ CPRC Sarnia 3-4pm <i>*registration required</i></p>	<p>24</p>	<p>25</p> <p>Virtual Seated Chair Exercise On Zoom & In-person @ NLCHC 1:30pm-2:30pm <i>*registration required</i></p>	<p>26</p> 
<p>29</p>	<p>30</p> <p>Exercise equip use @ CPRC Sarnia 3-4pm <i>*registration required</i></p>	<p>31</p>	<p>Garden Fresh Box Pick-Up FOREST July 17th 3-4pm Garden Fresh Box Pick-Up SARNIA July 18th 1:30-4pm</p>	



We now offer online Program Registration!!



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

To register contact Marianne in Sarnia, (519)-344-3017 ext.277 or in Forest (519)786-4545 ext.279
or email mhyatt@nlhc.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, please note in-person programs may be cancelled on this day - you will be notified if this takes place and you have registered for the class. Virtual programs may run depending on staff availability.

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.

Coffee Time Social Drop-in: Friday, July 5 & 19 @ WLCHC @ 10:45a.m. Coffee & conversation, free for everyone.

Cooking Class: Wednesday July 10th @ 1:30pm-3pm. Attended by our Community Dietician Erin Robinson! Each class offers a “feature” fruit or vegetable with accompanying education and recipe video. Group discussion and comments are encouraged and welcome! Offered virtual with opportunity to attend Sarnia Health Centre or Forest Library to watch in person. Opportunity to receive featured produce and garden-fresh box. **Must Register.**

Chit & Chat This & That: (Forest-Crozier Room) Wednesday July 17th @ 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.**

Info Session – “RENTERS’ RIGHTS”: Monday July 22 @ 1:30pm on Zoom OR in-person at WLCHC & NLCHC. C.L.A.S. (Community Legal Assistance Sarnia) will be talking to us this day. Learn about the rules that affect tenants and landlords so you will know your rights if you rent an apartment or house in Ontario. **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@nlhc.com. Orders are accepted in person, with payment, by the first Friday of the month. Cash ONLY.

Opening Doors Garden: If you are interested in being part of our Opening Doors Garden program reach out!