

Community Health Centres of Northumberland

Program Calendar

Building a healthier community together

April to June 2024



Registration by Phone, Email or Drop-Off
Starts Wednesday March 20th, 2024 at 9:00am
905-885-2626 or 1-866-768-2626 (Toll Free) ext 280
workshops@porthopechc.ca



Diabetes Workshops

Diabetes Cooking Workshops

Diabetes Cooking Workshops are hands-on cooking classes which are offered to those living with prediabetes, type 1 or type 2 diabetes. Each workshop will be conducted by a Registered Dietitian, who is also a Certified Diabetes Educator. Fee \$5.00 per class (please call if cost is a concern)

10 Ingredients or Less

Don't have time for a lot of prep work when making dinner? Join us for some quick, delicious recipes that will only use 10 ingredients or less.

Friday April 19th 2024 | 9:30am to 12:00pm | **Community Kitchen**

Mixed Dishes

Attending a gathering? Invited to a potluck? Don't know what to bring? Join us as we make some delicious and nutritious casseroles and mixed dishes that the whole crowd will love.

Friday May 17th 2024 | 9:30am to 12:00pm | **Community Kitchen**

Summer Sides

With the weather warming up, it is nice to have a refreshing meal at the end of the day. Join us for some recipes that will help keep you cool this summer.

Friday June 21st 2024 | 9:30am to 12:00pm | **Community Kitchen**

Just the Basics: Diabetes - Virtual/In-Person

Have you been recently diagnosed with prediabetes or diabetes? This workshop, now being offered virtually and in-person, includes a discussion of the basic facts about managing diabetes, healthy eating, and physical activity.

Monday April 15th or June 17th 2024 | 5:30pm to 7:00pm | **Via Zoom**

Monday April 8th or May 13th 2024 | 1:30pm to 3:00pm | **Rm 144A&B**

Living Well with Diabetes - Community Support Group

Join peers, a Registered Nurse and a Registered Dietitian for chats and education on building knowledge, self-management skills, and support from each other on various topics related to your diabetes care. Topics include healthy eating, exercise, stress management, medication and more.

Thursday April 11th, May 9th, and June 13th 2024 | 1:00pm to 2:30pm | **Rm 205**

Community Workshops

Caregiver Support Group - Virtual

Are you a Primary Caregiver caring for an older adult and looking to connect with other caregivers? Please join us in a peer focused group to share your concerns, experiences, and knowledge and to support each other.

Friday April 5th, April 19th, May 3rd, May 17th, June 7th and June 21st 2024 | 9:30am to 10:30am | **Via Zoom**

Osteoporosis Support Group

You will gain practical information in the monthly meetings, meet others living with Osteoporosis and share common experiences. We cover a variety of topics such as nutrition, safe exercises when living with Osteoporosis and more. **For more information Contact Cathy Pearcy at 705-740-2776 or email cpearcy@osteoporosis.ca**

Book Club

Throughout the year we will meet to discuss the book of choice and enjoy a cup of tea in a fun and positive space.

Tuesday April 23rd, May 28th, and June 25th 2024 | 1:00pm to 2:00pm | **Rm 205**

Social Gatherings

Throughout the year the CHC hosts themed social gatherings where we enjoy a chat, a cuppa and some games. Such themes include a fall tea, christmas treats, winter tea and a summer party.

Spring Tea | Tuesday | April 16th 2024 | 1:00pm | **Rm 205**

Summer Party | Thursday | June 27th 2024 | 1:00pm | **Parking Lot** (weather permitting)

Community Lunch

Come out and connect with others in your community while enjoying a healthy lunch prepared by our staff and volunteers. The lunches follow a pay-what-you-can model. The suggested contribution is \$0.50/\$2.50/\$5.

Thursday May 16th 2024 | 12:30pm to 2:00pm | **Rm 144A/B**

Meditation - Virtual

An invitation to explore stillness through guided meditation. You will be guided in mindful movement, centering, conscious breathing, visualization, and loving kindness meditations. For beginners and anyone wanting to reduce stress and cultivate peace of mind.

Wednesday | May 1st, 8th, 15th and 22nd 2024 | 5:00pm to 6:00pm | **Zoom | FREE**

Exercise Workshops

Our Heart Wise Exercise Programs

All these programs meet the following criteria:

1. Encourage regular, daily aerobic exercise
2. Incorporate warm-up, cool-down and self-monitoring with all exercise sessions
3. Encourage exercise at a safe level and offer options to modify intensity
4. Suitable for those living with chronic condition and cardiovascular disease
5. Have a documented emergency plan.

Active, Fit & Fun - Hybrid

Designed for community members ages 55+ who are wishing to improve their cardio, strength, balance and flexibility regardless of their current ability level. The program will be led by trained volunteers, who ensure the program is run in a safe manner. Classes can be done seated or standing. Don't want to exercise alone? Join the instructor virtually from our Centre in room 205.

Tuesday and Thursday | April 9th to June 27th 2024 | 10:00am to 11:00am | **Hybrid, In Person and Zoom** | **FREE**

Chair Yoga - Hybrid

Using the aid of a chair our yoga instructor will guide you through a series of movements. Poses are done seated or a chair is used for support during standing poses and bends.

Mondays | April 8th to June 24th 2024 | 11:30am to 12:30pm | **Hybrid, In Person and Zoom** | **\$5/class suggested donation** | (11 weeks) | *no class May 20th

Wednesday | April 10th to June 26th 2024 | 11:00am to 12:00pm | **Hybrid, In Person and Zoom** | **\$5/class suggested donation** | (12 weeks)

Movement and Motion - Hybrid

Designed for community members age 55+, who are wishing to improve their balance and range of motion regardless of their current ability level. The program will be led by trained volunteers who ensure the program is run in a safe manner. Classes can be done seated or standing.

Mondays | April 8th to June 24th 2024 | 10:00am to 11:00am | **Hybrid, In Person and Zoom** | **FREE** | *no class May 20th

Relax and Renew - Restorative Yoga

Restorative yoga focuses on relaxation of the mind and body. Bolsters, straps and other props will be used to support the body in various postures which allows one to move towards a state of balance.

Mondays | April 8th to June 24th 2024 | 1:00pm to 2:00pm | **Rm 205** | **\$5/class suggested donation** | (11 weeks) | *no class May 20th

Nordic Pole Walking

Come out and join our trained Nordic Pole Walking instructors as they take you on a 30-45 minute walk around the neighbourhood. (seasonal)

Mondays | April 15th to June 24th 2024 | 1pm to 2pm | **In Person - South Lobby of CHCN** | **FREE** | *no class May 20th

Yin Yang Yoga - Hybrid

A Yin Yang Yoga class blends two styles of yoga in one practice. It brings together the benefits of longer stretch poses with traditional hatha sequences to work on strength, flexibility and stamina. By balancing your Yin and Yang your energy flow will increase, giving you a peaceful balanced mind and body.

Wednesday | April 10th to June 26th 2024 | 9:30am to 10:30am | **Rm 205** | **\$5/class suggested donation** | (11 weeks)

Yoga - Virtual

Yoga has many benefits such as increasing flexibility, improving breathing, helping with balance and helping one to live a healthy and stress free lifestyle. Yoga is a floor based program.

Tuesdays | April 9th to June 25th 2024 | 6:00pm to 7:00pm | **Via Zoom** | **\$5/class suggested donation** | (12 weeks)

Thursdays | April 11th to June 27th 2024 | 9:00am to 10:00am | **Via Zoom** | **\$5/class suggested donation** | (12 weeks)

Falls Prevention

Community Care Northumberland runs their falls prevention classes twice a week out of our Centre. Falls prevention classes are group sessions which focus on specific targeted interventions to reduce falls in seniors. It is a combination of education and exercise. You must register with Community Care for this class and take part in an assessment to attend. **Call 1-866-514-5774 or email wellness@commcare.ca to register.**

Wednesdays and Fridays | 12-week program | 2pm to 3pm | 99 Toronto Rd | **Rm 205** | **FREE**

Exercise Class

Community Care Northumberland runs their exercise classes twice a week out of our Centre. CCN exercise classes are focused on improving and maintaining wellness by targeting balance, strength and range of motion activities. You must register with Community Care for this class. **Call 1-866-514-5774 or email wellness@commcare.ca to register.**

Wednesdays and Fridays | on-going | 1pm to 1:45pm | 99 Toronto Rd | **Rm 205** | **FREE**

Community Food Market

Community Food Market

FRESH LOCAL PRODUCE

The Community Food Market provides an opportunity for people to purchase fresh produce, meats and other locally sourced foods at affordable prices



Every Thursday

1PM TO 4PM

everyone welcome



CHCN South Entrance | 99 Toronto Rd | Port Hope

Programs/Services

Dental Services

The Community Health Centre is pleased to offer a basic dental program to those who cannot access care due to financial hardship, and also to those who have private insurance. If you are receiving assistance through Ontario Works, Ontario Disability Insurance or have an annual income below the Canadian Low Income cut off, give us a call. There is a cost to this program which will be determined at your first visit. Ext. 208

Dietitian Services

Our Community Registered Dietitian is available to members of the community & provides one-on-one counselling, presentations/workshops & cooking demonstrations. Dietitians provide clients with strategies to help manage & prevent a wide range of nutritional related concerns. Clients of the CHC may be referred by their primary health care provider. For community members who are not clients of the CHC, please ask your family doctor for a referral or you can call the Centre for more info.

Diabetes Education

To support the growing group of people living with diabetes, the Community Health Centre has nurses, dietitians & social worker teams who are available to meet with individuals & groups. Our diabetes centre provides support and education to individuals who are over the age of 18 and have pre-diabetes, Type 1 or Type 2 diabetes, and Gestational diabetes. We are also a certified pump centre providing insulin pump therapy. The diabetes team welcomes the opportunity to share information at groups or local events.

Locations: Port Hope, Cobourg and Colborne

Food Cupboard

The Food Cupboard is open every Thursday from 9:30am to 12:30pm to in person visits. Please bring your own reusable bags or boxes. Please call 905-885-2626 ext 212 and leave a message if you need more info. Donations are essential to the success of this program, cash and fresh produce on Wednesday are always welcome.

Smoking Cessation Treatment

In partnership with CAMH the Centre is pleased to offer a smoking cessation program that includes free Nicotine Replacement Therapy and counselling support for those who want to quit smoking. To find out more, please call the Centre to make an appointment.

Care Hepatitis C Outreach Team

The Hep C Team will be at the Community Health Centres of Northumberland at 99 Toronto Rd, Port Hope the Third Thursday of the month between 9:30am and 12:30pm. If you have any questions, please contact us at 1-855-808-6242.

OTN - Ontario Telemedicine Network

A telemedicine appointment is just like a regular appointment, only the specialist you will be seeing and speaking with is on a monitor. Free to residents of Ontario, OTN connects you with the right health care professional, in the right place, at the right time. Visit otnhub.ca for more information or call Tammy Kantor, RPN. Telemedicine Coordinator Ext. 214.

Geriatric Assessment & Intervention Network

The GAIN team is for older adults living at home experiencing one or more of the following: changes in memory or thinking; difficulty doing daily activities (such as cooking, bathing, or dressing); falls or risk of falls; difficulty moving around; incontinence; multiple medications. We help older adults address risk and safety concerns and access supports they need to live independently at home. Talk to your primary care provider to discuss if the GAIN team could help you or a family member, or call Ext. 254 for more information about how to complete a GAIN referral.

Memory Clinic

The Community Health Centres of Northumberland Memory Clinic is a specialty clinic dedicated to helping patients with memory concerns. On the day of the appointment, a team of skilled health care professionals will complete a thorough medical history and conduct cognitive testing including those related to driving safety. Our team will prepare a management plan for the patient/family and work with your doctor or nurse practitioner to help you link with supports and resources, if needed. Ask your doctor or nurse practitioner to send the necessary referral today. For more information call Ext. 264

Community Care Northumberland

Providing nutrition, transportation, wellness, in-home and hospice services to residents of Northumberland County. Programs and services help seniors, adults with disabilities, those recovering from illness or injury and hospice clients and their loved ones and caregivers remain independent and supported in their own homes and communities. The Port Hope satellite office at 99 Toronto Rd is available by appointment only on Tuesdays from 8:30-4:00. For more information or to book an appointment, please contact Angela at 905-885-9860 or porthope@commcare.ca.

Harm Reduction Supplies

The Centre is a safe needle exchange site and partners with the HKPR Public Health Harm Reduction Works (Needle Exchange/Safer Inhalation Program). Our site supplies new, sterile equipment including needles, pipes, spoons, ties, filters, swabs, water and Vitamin C and also provides a safe environment to exchange used drug equipment (works). When arriving at the Centre let the front desk know you would like to access the harm reduction supplies and they will assist you directly or connect with a staff member to help get what you need.