



September - December 2024

All programs require pre-registration unless otherwise stated

Community Workshops	Date/Duration	Time	Location
Acquired Brain Injury Co-Ed Group To register 905-243-3260 (Hailey)	Monday Sept 30th to Nov 25th	1 pm to 3pm	CHCN - Rm 205
Book Club	Tuesday Sept 24th, Oct 22nd, Nov 26th and Dec 17th	1 pm to 2pm	CHCN - 205
Caregiver Support Group	Friday Sept 6th, Sept 20th, Oct 4th, Oct 18th, Nov 1st, Nov 15th, Dec 6th and Dec 20th	9:30am to 10:30am	Virtual
Community Lunches Drop-In	Thursday Oct 3rd, Nov 7th and Dec 5th	12:30pm to 1:30pm	CHCN - Rm 205
Meditation	Wednesday Sept 4th, 11th, 18th and 25th	5pm to 6pm	Virtual
Social Gatherings	Tuesday Oct 8th (Fall Tea) Tuesday Dec 10th (Holiday Treats)	1 pm to 2pm	CHCN - Rm 205
Powerful Tools for Caregivers To Register 1-866-971-5545	Wednesday Sept 18th to Oct 23rd	1 pm to 2:30pm	CHCN - Rm 144A/B
Youth Workshops	Date/Duration	Time	Location
Youth Drop In (Gr. 7 to 12)	Thursday Oct 3rd to June 12th	2:45pm to 5pm	Port Hope High School - Wellness Rm
Exercise Workshops	Date/Duration	Time	Location
Donations for all specialty exercise classes should be completed 1 week prior to classes starting!			
Active Fit and Fun - Hybrid	Tuesday and Thursday Sept 10th to Dec 17th	10am to 11am	CHCN - Rm 205 or Virtual
Chair Yoga - Hybrid (no class Mon Oct 14th)	Monday Sept 9th to Dec 16th Suggested Donation: \$70.00 (14 weeks) Wednesday Sept 11th to Dec 18th Suggested Donation: \$75.00 (15 weeks)	11:30am to 12:30pm 11 am to 12pm	CHCN - Rm 205 or Virtual
Movement and Motion - Hybrid	Monday Sept 9th to Dec 16th (no class Mon Oct 14th)	10am to 11am	CHCN - Rm 205 or Virtual
Nordic Pole Walking (seasonal)	Monday Sept 9th to Nov 18th (no class Mon Oct 14th)	1 pm to 2pm	CHCN - South Lobby
Strengthen, Stretch & Tone - Hybrid	Tuesday Sept 10th to Dec 17th Suggested Donation: \$75.00 (15 weeks)	5:30pm to 6:30pm	CHCN - Rm 205 or Virtual
Relax and Renew - Restorative Yoga (no class Mon Oct 8th or Dec 10th)	Tuesday Sept 10th to Dec 17th Suggested Donation: \$65.00 (13 weeks)	11:15am to 12:15pm	CHCN - Rm 205
Yin Yang Yoga - Hybrid	Wednesday Sept 11th to Dec 18th Suggested Donation: \$75.00 (15 weeks)	9:30am to 10:30am	CHCN - Rm 205 or Virtual

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Exercise Workshops	Date/Duration	Time	Location
Yoga	Wednesday Sept 11th to Dec 18th Thursday Sept 12th to Dec 19th Suggested Donation: \$75.00 (15 weeks)	6pm to 7pm 9am to 10am	Virtual
Diabetes Workshops	Date/Duration	Time	Location
Just the Basics	Monday Oct 21st or Dec 16th Monday Sept 16th or Nov 18th	5:30pm to 7pm 1:30pm to 3pm	Virtual CHCN - Rm 144A&B
Living Well with Diabetes - Community Support Group	Thursday Sept 12th, Oct 10th, Nov 14th & Dec 12th	1pm to 2:30pm	CHCN - Rm 205
Pre-Diabetes Workshop	Monday Sept 16th, Oct 21st, Nov 18th and Dec 16th	9:30am to 11am	CHCN - Rm 144A&B
Diabetes Cooking	Date/Duration	Time	Location
There is a \$5.00 Food Cost for each Cooking Program Session!			
Budget Friendly Fall Foods	Friday Sept 20th	9:30am to 12pm	CHCN - Community Kitchen
Holiday Cooking	Friday Dec 13th	9:30am to 12pm	CHCN - Community Kitchen

Registration by Phone, Email or Drop-Off starts Wednesday August 21st, 2024 at 9:00am
905-885-2626 or 1-866-768-2626 ext 280
workshops@chcnorthumberland.ca

Location: CHCN - 99 Toronto Rd | Port Hope

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



Food Preservation Workshops

Coming Soon

Please call 905-885-2626 or 1-866-768-2626 ext 280 for more information
or check out our latest Program Schedule at www.chcnorthumberland.ca