

## January - March 2025



All programs require pre-registration unless otherwise stated

Community Workshops	Date/Duration	Time	Location
Book Club	Tuesday Jan 28th, Feb 25th, Mar 25th	1 pm to 2pm	CHCN - 205
Caregiver Support Group	Friday Jan 3rd, Jan 17th, Feb 7th, Feb 21st, Mar 7th, Mar 21st	9:30am to 10:30am	Virtual
Community Lunches <b>Drop-In</b>	Thursday Jan 9th, Feb 6th and Mar 6th	12:30pm to 1:30pm	CHCN - Rm 205
Social Gatherings	Tuesday Feb 11th (Winter Wonderland Tea)	1pm to 2pm	CHCN - Rm 205
Powerful Tools for Caregivers <b>To Register 1-866-971-5545</b>	Wednesday Feb 19th to Mar 26th	9:30am to 11:00am	Virtual
Youth Workshops	Date/Duration	Time	Location
Youth Drop In (Gr. 7 to 12)	Thursday Jan 9th to June 19th	2:45pm to 5pm	Port Hope High School - Wellness Rm
Exercise Workshops	Date/Duration	Time	Location
<b>Donations for all specialty exercise classes should be completed 1 week prior to classes starting!</b>			
Active Fit and Fun - <b>Hybrid</b>	Tuesday and Thursday Jan 14th to Mar 27th	10am to 11am	CHCN - Rm 205 or Virtual
Chair Yoga - <b>Hybrid</b> (no class Mon Feb 17th)	Monday Jan 13th to Mar 31st <b>Suggested Donation: \$55.00 (11 weeks)</b> Wednesday Jan 15th to Mar 26th <b>Suggested Donation: \$55.00 (11 weeks)</b>	11:30am to 12:30pm 11am to 12pm	CHCN - Rm 205 or Virtual
Movement and Motion - <b>Hybrid</b>	Monday Jan 13th to Mar 31st (no class Mon Feb 17th)	10am to 11am	CHCN - Rm 205 or Virtual
Strengthen, Stretch & Tone - <b>Hybrid</b>	Tuesday Jan 21st to Mar 25th <b>Suggested Donation: \$50.00 (10 weeks)</b>	5:30pm to 6:30pm	CHCN - Rm 205 or Virtual
Relax and Renew - Restorative Yoga (no class Tues Feb 11th)	Tuesday Jan 14th to Mar 25th <b>Suggested Donation: \$50.00 (10 weeks)</b>	11:15am to 12:15pm	CHCN - Rm 205
Yin Yang Yoga - <b>Hybrid</b>	Wednesday Jan 15th to Mar 26th <b>Suggested Donation: \$55.00 (11 weeks)</b>	9:30am to 10:30am	CHCN - Rm 205 or Virtual

CKNW KIDS' FUND  
PINK SHIRT DAY



**Let Kindness Grow**

Wednesday February 26th | 2025

The Health Beat with Adam



Every  
Tuesday  
at 12pm



**Bell**  
Let's Talk

Wednesday  
January 22nd | 2025

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Exercise Workshops	Date/Duration	Time	Location
Yoga	Wednesday Jan 15th to Mar 26th Thursday Jan 16th to Mar 27th <b>Suggested Donation: \$55.00 (11 weeks)</b>	6pm to 7pm 9am to 10am	Virtual
Diabetes Workshops	Date/Duration	Time	Location
Just the Basics	Monday Jan 20th or Mar 17th Monday Feb 10th	5:30pm to 7pm 1:30pm to 3pm	Virtual CHCN - Rm 144A&B
Living Well with Diabetes - Community Support Group	Thursday Jan 9th, Feb 13th and Mar 13th	1pm to 2:30pm	CHCN - Rm 205
Pre-Diabetes Workshop	Monday Jan 20th, Feb 10th and Mar 17th	9:30am to 11am	CHCN - Rm 144A&B
Diabetes Cooking	Date/Duration	Time	Location
<b>There is a \$5.00 Food Cost for each Cooking Program Session!</b>			
Heart Health Month	Friday Feb 21st	9:30am to 12pm	CHCN - Community Kitchen

Registration by Phone, Email or Drop-Off starts Wednesday December 4th, 2024 at 9:00am  
905-885-2626 or 1-866-768-2626 ext 280  
[workshops@chcnorthumberland.ca](mailto: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

## Cultivating Connections

### Community Lunch



**Connection | Food | Community**

Thursday January 9th, February 6th and March 6th | 2025  
12:30pm to 1:30pm  
99 Toronto Road | Port Hope | Rm 205

Come out and connect with others in your community, while enjoying a healthy lunch prepared by our staff and volunteers. (vegetarian options also available)

The lunch follows a pay-what-you-can model. Suggested contribution is \$0.50/\$2.50/\$5

**Everyone is Welcome to Join Us!**



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](http://www.chcnorthumberland.ca)