

September - December 2025



All programs require pre-registration unless otherwise stated

Community Workshops	Date/Duration	Time	Location
Book Club	Tuesday Sept 23, Oct 28, Nov 25, Dec 16	1:00pm to 2:00pm	CHCN - 205
Caregiver Support Group	Fri Sept 5, Wed Sept 17, Fri Sept 26, Oct 3 Oct 17, Nov 7, Nov 21, Dec 5, Dec 19	9:30am to 10:30am	Virtual via Zoom
Community Lunches Drop-In	Thursday Oct 2, Nov 6, Dec 4	12:30pm to 1:30pm	CHCN - Rm 205
Social Gatherings	Tuesday Oct 7 and Dec 9	1:00pm to 2:00pm	CHCN - Rm 205
Acquired Brain Injury Support Group	Monday Sept 22, Oct 27, Nov 24, Dec 15	1:00pm to 2:30pm	CHCN - Rm 205
Book Sale and Bake Sale Fundraiser	Thursday Sept 25	1:00pm to 6:00pm	CHCN - Rm 205
Youth Workshops	Date/Duration	Time	Location
Youth Drop In (Gr. 7 to 12)	Thursdays Sept 18 to June 11	2:45pm to 5:00pm	Port Hope High School
Home Alone Course (FREE)	Friday Oct 24 (KPRDSB PA Day)	9:30am to 12:00pm	CHCN - Rm 205
Home Alone Course (FREE)	Saturday Nov 8	1:00pm to 3:30pm	Brighton Public Library
Exercise Workshops	Date/Duration	Time	Location
Donations for all specialty exercise classes should be completed 1 week prior to classes starting!			
Movement and Motion - Hybrid	Mondays Sept 8 to Dec 15 (no class Mon Oct 13 - Thanksgiving)	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - Hybrid (no class Mon Oct 13 - Thanksgiving)	Mondays Sept 8 to Dec 15 Suggested Donation: \$70.00 (14 weeks)	11:30am to 12:30pm	CHCN - Rm 205 or Virtual via Zoom
Nordic Pole Walking (seasonal) (weather permitting)	Mondays Sept 8 to Nov 17 (no class Mon Oct 13 - Thanksgiving)	1:00pm to 2:00pm	CHCN - Meet at the South Lobby
Active Fit and Fun - Hybrid	Tuesdays and Thursdays Sept 9 to Dec 18 (no class Nov 11 - Remembrance Day)	10:00am to 11:00am	CHCN - Rm 205 or Virtual via Zoom
Strengthen, Stretch & Tone - Hybrid	Tuesdays Sept 9 to Dec 16 Suggested Donation: \$75.00 (15 weeks)	5:00pm to 6:00pm	CHCN - Rm 205 or Virtual via Zoom
Relax and Renew Restorative Yoga (no class Oct 7 or Dec 9)	Tuesdays Sept 9 to Dec 16 Suggested Donation: \$65.00 (13 weeks)	11:15am to 12:15pm	CHCN - Rm 205 or Virtual via Zoom
Yin Yang Yoga - Hybrid	Wednesdays Sept 10 to Dec 17 Suggested Donation: \$75.00 (15 weeks)	9:30am to 10:30am	CHCN - Rm 205 or Virtual via Zoom
Chair Yoga - Hybrid	Wednesdays Sept 10 to Dec 17 Suggested Donation: \$75.00 (15 weeks)	11:00am to 12:00pm	CHCN - Rm 205 or Virtual via Zoom
Evening Gentle Yoga - Virtual (no class Wed Nov 19)	Wednesdays Sept 10 to Dec 17 Suggested Donation: \$70.00 (14 weeks)	6:00pm to 7:00pm	Virtual via Zoom
Morning Gentle Yoga - Virtual (no class Thurs Nov 20)	Thursdays Sept 11 to Dec 18 Suggested Donation: \$70.00 (14 weeks)	9:00am to 10:00am	Virtual via Zoom
Dancing with Parkinson's - NEW <i>*virtual instructor</i>	Fridays Sept 26 to Dec 19 (no class Fri Oct 24)	11:00am to 11:30am	CHCN - Rm 205 or Virtual via Zoom



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Diabetes Programs	Date/Duration	Time	Location
Just the Basics	Monday Sept 15 and Nov 17 Monday Oct 20 and Dec 15	5:30pm to 7:00pm 1:30pm to 3:00pm	Virtual via Zoom CHCN - Rm 144 A&B
Living Well with Diabetes - Community Support Group	Thursday Sept 11, Oct 9, Nov 13, Dec 11	1:00pm to 2:30pm	CHCN - Rm 205
Pre-Diabetes Workshop	Friday Sept 12, Oct 10, Nov 14, Dec 12	9:30am to 11:00am	CHCN - Rm 144 A&B
Diabetes Cooking	Date/Duration	Time	Location
There is a \$5.00 Food Cost for each Cooking Program Session!			
Diabetes Cooking Class	Friday Oct 24	9:30am to 12:00pm	CHCN - Community Kitchen
Diabetes Cooking Class	Friday Dec 19	9:30am to 12:00pm	CHCN - Community Kitchen

Registration by Phone, Email or Drop-Off starts Wednesday August 13th, 2025 at 9:00am
905-885-2626 or 1-866-768-2626 ext 280
workshops@chcnorthumberland.ca

Location: **CHCN** - 99 Toronto Rd | Port Hope



JOIN US ONLINE!
DAILY @ 11am (EST)
FREE!



Experience the joy and benefits of movement, connection, and artistic experiences with other seniors across Canada.

DWP's DAILY DANCE CONNECT is a free, online, seated dance and movement program based on the Dance for PD® Method. These safe, accessible and inclusive classes provide physical and social benefits to our participants and their care partners.

COME AS YOU ARE!

We invite people living with Parkinson's and seniors to join us from the comfort of home to dance, connect with others, and experience a sense of community!

All levels of mobility and ability are welcome at our in-person and online classes. Care partners are welcome but not required.

BENEFITS:

- Improves energy levels and mobility
- Boosts overall brain health and cognition
- Increases confidence and self-esteem
- Reduces feelings of depression

World Diabetes Day

COMMUNITY LUNCH AND LEARN



Connection | Food | Education

Date: Thursday November 13th 2025

Location: 99 Toronto Road, Port Hope, Room 205

Time: 12:00 - 2:30pm

To recognize World Diabetes Day 2025, join the CHCN Diabetes Education Program and the Northumberland Community Paramedics for our community lunch and learn focused on raising awareness, providing education, and fostering connections for people living with or at risk of diabetes.

Free Health Screenings

Blood Sugar, Blood Pressure and Foot Screenings



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