

HEALTHIER LIVING CENTRE (HLC)

Located at the Northwood Community Centre, the Healthier Living Centre is for independent, older adults 55+ who wish to be physically active, meet new friends, engage in recreation activities and special events, and attend outings and/or day trips.



Annual Membership Fee is Applicable

An HLC membership gives older adults access to a large variety of weekly fitness and recreational programming. All participants must register by filling out a registration agreement.

Program Highlights:

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|--------------------------------|
| Walking Club |
| Line Dancing |
| Zumba |
| Yoga |
| Tai Chi |
| Strength and Stretch |
| Outings and Day Trips |
| Education Sessions & Workshops |

"Socializing in the Centre has provided me with a sense of wellbeing."

- Judith J., Healthier Living Centre client



Lumacare

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Charitable Registration #: 10703 3134 RR0001

luma care



LEAD DISRUPT GROW TRANSFORM

Healthier Living Centre



Funding Support Provided by:



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Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. – Marcel Proust

Congregate Dining (CD)

Under the HLC umbrella, our Congregate Dining experience is a 1-2 hour drop-in program that offers older adults the opportunity to participate in recreation and leisure activities with friends.

Program Highlights:

- Art Projects
- Book Club
- Craft Group
- Special Events



"I am very thankful for all the days of the week I have something to do. It has helped me physically and mentally. I live alone and socializing at my age is important. I look forward to meeting with my friends at the Book Club."

- Freda E., Congregate Dining Client



EXERCISE CLASSES (EC)

Lumacare offers free exercise classes for community members aged 64+ at 10 sites.

Program Highlights:

- Low-impact exercise classes designed to improve balance, coordination and flexibility
- Moderate- to high-impact exercise classes designed to increase strength and endurance
- Hand-held weights, elastic bands and balls are used in some classes

Group Fitness Classes:

| |
|----------------|
| Chair Fitness |
| Gentle Fitness |
| Chair Yoga |
| Cardiofit |
| Zumba Gold |

Our Walking Club program is located at an indoor sports field that promotes both physical fitness and social interaction.

"The Healthier Living Centre provides balance for the body, mind, and soul."

- Donna M., Exercise client

"The Healthier Living Centre is more than just a place, it is a feeling of belonging. I have grown new friendships, celebrated people's birthdays and gone to parties, and shared mutual experiences with my peers. All of these things add up and make a big difference in the lives of seniors.

A number of seniors live alone, and we are able to find strength, support, compassion and caring in a newly emerging community at Lumacare which helps us physically, mentally, and socially throughout the year.

I would NOT be this fit, aware, congenial, healthy and truly alive at 74 without the benefit of Lumacare."

- Polly C., Healthier Living Centre client

lumacare.ca/healthier-living-centre



Call us today!
647.508.LUMA (5862)

