

## 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.



### Registration Required

All participants must register by filling out a registration agreement.

### Program Highlights:

Gentle Fitness
Line Dancing
Zumba
Yoga
Latin Dance
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

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## Healthier Living Centre

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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

"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](https://lumacare.ca/healthier-living-centre)



**Call us today!**  
**647.508.LUMA (5862)**

