

Seniors Activity

Chair Exercise Classes for Joint Freedom



Join us for a chair exercise class running for 3-weeks (one day each week), led by Kim Knight.

Joint Freedom is a series of exercises that can be done seated but will be demonstrated as both sitting and standing (chair-assisted) exercises. The exercise series is recommended as a daily exercise program to keep the body flexible and balancing well. This is a 3-week series where different exercises will be taught each week that can be carried through at home on your own.

Where: Chalk River Legion, 11 Kellett Street, Chalk River.

When: January 8, 15 and 22, 2026 starting at 11:00 - 11:45 am.

Please contact Brenda at blimkieb@hotmail.com to register, no later than January 5, 2026



Funded by the
Government of Canada's
New Horizons for Seniors Program

