

LOCATIONS FOR FALLS PREVENTION AND EXERCISE CLASSES

In Peterborough County

COMMUNITY OF:	LOCATION & ADDRESS	TYPE OF PROGRAM	CLASS DAYS	TIME
APSLEY	North Kawartha Community Centre	Strengthening and Stretching	Tuesday / Thursday	10:00 AM
		Falls Prevention	Tuesday / Thursday	10:45 AM
ENNISMORE	Community Care Chemung Office (549 Ennis Road, Ennismore)	Strengthening and Stretching	Monday / Wednesday	2:35 PM
		Falls Prevention	Monday / Wednesday	2:00 PM
		Strengthening and Stretching (Cardio)	Thursday	9:30 AM
		Falls Prevention (Cardio)	Thursday	10:05 AM
	Strengthening & Stretching (Yoga)	Tuesday / Friday	9:30 AM	
Balance and Stability thru Yoga	Tuesday / Friday	10:05 AM		
Community Care Chemung Office	Adv Stretching & Strengthening	Monday	9:30 AM	
	Adv. Falls Prevention	Monday	10:05 AM	
HAVELOCK	Havelock Town Hall (12 Oak Street)	Falls Prevention	Tuesday / Thursday	1:00 PM
		Strengthening and Stretching	Tuesday / Thursday	2:00 PM
HARVEY	Buckhorn Community Centre Buckhorn Community Centre	Strengthening and Stretching	Monday / Wednesday	12:00 PM
		Falls Prevention	Monday/ Wednesday	12:35 PM
LAKEFIELD	Community Care Lakefield Office 40 Rabbit Street	Falls Prevention	Tuesday / Thursday	2:15 PM
		Strengthening and Stretching	Tuesday / Thursday	3:00 PM
MILLBROOK	Millbrook Manor (2 Manor Drive)	Strengthening and Stretching	Tuesday / Thursday	10:15 AM
	Millbrook Manor (2 Manor Drive)	Strengthening and Stretching (Yoga)	Wednesday	10:30 PM
	St. Thomas Church	Strengthening and Stretching	Tuesday / Thursday	9:15 AM
	St. Thomas Church	Strengthening and Stretching	Tuesday / Thursday	11:00 AM
	St. Thomas Church	Falls Prevention – thru Yoga	Monday/ Wednesday	9:15 AM
St. Thomas Church	Strengthening and Stretching	Tuesday	12:00 PM	
NORWOOD	Mapleview Retirement Residence (2281 County Road 45)	Falls Prevention	Tuesday / Thursday	10:00 AM
		Strengthening and Stretching	Monday / Wednesday / Fri	9:00 AM

For more information please call the local Community Care Office:

Apsley: 705-656-4589

Chemung: 705-292-8708

Harvey: 705-657-2171

Lakefield: 705-652-8655

Havelock: 705-778-7832

Millbrook: 705-932-2011

Norwood: 705-639-5631