




**SCHEDULE IN-PERSON SESSIONS**  
 Free classes for everyone 55 years +. Start anytime.

Exercise, Falls Prevention & Wellness Program



January 2025

<b>APSLEY</b>		For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589	
<b>CLASS &amp; INSTRUCTOR</b>		<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Exercise and Falls Prevention Class</b> Mark Best Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance. Register: Contact Mark #705-656-2589		<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Rd.	Monday and Wednesday: 10:00 – 11:00 am  <b>Class Cancelled:</b> <b>Jan 1<sup>st</sup></b>

**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)**






**BUCKHORN**

For Information (re: weather cancellations, etc.) Contact: Community Care in Buckhorn #705-657-2171


CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> <b>Balance 101</b> <span style="float: right;">Michelle Holdforth</span></p> <p><b>Level **</b> Do you feel your balance isn't what it used to be? This class will include exercises to help improve balance, and strengthen the systems and muscles of the body that effect it. Stay for Exercise 101 right after for a well rounded workout! Bring Your own hand weights.</p>	<p><b>Buckhorn Community Centre</b> 1782 Lakehurst Road</p>	<p>Monday: 12:30 – 1:00 pm</p>
<p> <b>Exercise 101</b> <span style="float: right;">Michelle Holdforth</span></p> <p><b>Level **</b> A chair based class that covers the basic components of fitness: strengthening, stretching, and conditioning geared to older adults. Pair it with Balance 101 for best results! Bring your own hand weights.</p>	<p><b>Buckhorn Community Centre</b> 1782 Lakehurst Road</p>	<p>Monday: 1:00 – 1:30 pm</p>

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**CHEMUNG/ENNISMORE** For Information (re: weather cancellations, etc.) Contact: Community Care in Ennismore #705-292-8708

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <p><b>Bodies in Balance</b> Julie Humphries</p> <p><b>Level **/**</b> Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.</p>	<p><b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore</p>	<p>Tuesday 10:15 – 10:45 am</p>
 <p><b>Chair Yoga</b> Julie Humphries</p> <p><b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance &amp; stability.</p>	<p><b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore</p>	<p>Tuesday: 11:00 am – 12:00 pm</p>
 <p><b>Zumba Gold</b> Jasmine Murray</p> <p><b>Level: ***</b> Fun low-impact cardio dance moves designed for older adults.</p>	<p><b>Ennismore Heritage Art Space Centre</b> 507 Ennis Rd, Ennismore <b>**NEW**</b></p> <p><b>Donations encouraged</b></p>	<p>Thursday: 9:00 – 10:00 am</p> <p><b>Class Cancelled:</b> Jan 2<sup>nd</sup></p>
 <p><b>Chair Yoga Dance</b> Julie Humphries</p> <p><b>Level **</b> Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance.</p>	<p><b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore</p>	<p>Thursday: 10:15 - 11:15 am</p> <p><b>Class Cancelled:</b> Jan 2<sup>nd</sup></p>
 <p><b>Chair Yoga</b> Julie Humphries</p> <p><b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance &amp; stability.</p>	<p><b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore</p>	<p>Thursday: 11:30 am - 12:30 pm</p> <p><b>Class Cancelled:</b> Jan 2<sup>nd</sup></p>

## CHEMUNG/ENNISMORE Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> <b>Zumba Toning</b> Jasmine Murray</p> <p><b>Level: **/***</b> Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.</p>	<p><b>Ennismore Heritage Art Space Centre</b> 507 Ennis Rd, Ennismore <b>**NEW**</b></p> <p><b>Donations encouraged</b></p>	<p>Friday: 9:00 – 10:00 am</p> <p><b>Class Cancelled:</b> Jan 3<sup>rd</sup></p>

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**HAVELOCK** For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Chair Yoga</b> <span style="float: right;">Stephanie Bolton</span>  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	<b>Community Care Havelock</b> 17 Smith Drive	Monday 12:00 – 1:00 pm
 <b>Zumba Gold</b> <span style="float: right;">Jasmine Murray</span>  <b>Level: ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>Havelock Legion</b> 8 Ottawa Street East  Donations appreciated	Tuesday: 9:30 – 10:30 am
 <b>Advanced Weights &amp; Cardio</b> <span style="float: right;">Jasmine Murray</span>  <b>Level: ***/****</b> Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	<b>Havelock Legion</b> 8 Ottawa Street East  Donations appreciated	Tuesday: 10:45 – 11:45 am
 <b>Line Dancing</b> <span style="float: right;">Lorraine Day <b>*New</b></span>  <b>Level: ***</b> Choreographed dance routines set to fun music.	<b>Havelock Legion</b> 8 Ottawa Street East  Donations appreciated	Wednesday: 9:30 – 10:30 am  <b>Class Cancelled:</b> <b>Jan 1<sup>st</sup></b>
 <b>Advanced Weights &amp; Cardio</b> <span style="float: right;">Krista Skutovich</span>  <b>Level ***/****</b> Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	<b>Havelock Legion</b> 8 Ottawa Street East  Donations appreciated	Wednesday: 10:45 – 11:30 am  <b>Class Cancelled:</b> <b>Jan 1<sup>st</sup></b>

## HAVELOCK Continued

### CLASS & INSTRUCTOR



**Bodies in Balance**

Krista Skutovich

**Level \*\*/\*\***

Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.

### LOCATION

**Havelock Legion**  
8 Ottawa Street East

Donations appreciated



### DAY & TIME

Wednesday:  
11:40 am – 12:10 pm

**Class Cancelled:**  
Jan 1<sup>st</sup>

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**NORWOOD** For Information (re: weather cancellations, etc.) Contact: Community Care in Norwood # 705-639-5631

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Circuit Training</b> Krista Skutovich <b>Level ***</b> A low impact full body workout. Bring your own hand weights.	<b>Norwood Legion</b> 27 King Street Donations appreciated	Tuesday: 9:00 – 9:45 am
 <b>Line Dancing</b> Marlene Chaplin <b>Level: ***</b> Coreographed dance routines set to fun music.	<b>Norwood Legion</b> 27 King Street Donations appreciated	Tuesday: 10:00 – 11:00 am

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**LAKEFIELD**

For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> <b>Zumba Gold</b> <span style="float: right;">Jasmine Murray</span></p> <p><b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.</p>	<p><b>Lakefield Legion</b> 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Monday: 9:00 – 10:00 am</p>
<p> <b>Cardio &amp; Weights</b> <span style="float: right;">Krista Skutovich</span></p> <p><b>Level ***</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.</p>	<p><b>Lakefield Legion</b> 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Thursday: 9:00 – 9:45 am</p> <p><b>Class Cancelled: Jan 2<sup>nd</sup></b></p>
<p> <b>Bodies in Balance</b> <span style="float: right;">Wed – Rachel Jenkins Thurs – Krista Skutovich</span></p> <p><b>Level **</b> Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p><b>Regency of Lakefield</b> 91 Concession St</p> <p>*Check in with Front Desk. Be prepared to be COVID screened each visit.</p>	<p>Wednesday: 11:15 – 11:45 am</p> <p>Thursday: 10:00 - 10:30 am</p> <p><b>Class Cancelled: Jan 1<sup>st</sup> &amp; Jan 2<sup>nd</sup></b></p>



**DOURO-DUMMER**

For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655

**CLASS & INSTRUCTOR****LOCATION****DAY & TIME** **Gentle Chair Strech**

Steph Bolton






**Douro Community Centre - Harvest Room**

2893 Hwy 28 and County Rd. 4

Friday:  
1:00 – 2:00 pm**Class Cancelled:**  
**Jan 3<sup>rd</sup> & 31<sup>st</sup>****Level \***


Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance &amp; stability.

**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)**

<b>MILLBROOK</b>		For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011	
<b>CLASS &amp; INSTRUCTOR</b>		<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Mat Stretch and Strengthen</b> Patti Dell'Osso <b>Level ***</b> Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.		<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Tuesday: 12:00 – 12:45 pm
 <b>Gentle Chair Stretch</b> Patti Dell'Osso <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 9:00 – 9:45 am <b>Class Cancelled:</b> <b>Jan 1<sup>st</sup></b>
 <b>Bodies in Balance</b> Patti Dell'Osso <b>Level **/**</b> Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		<b>St. Thomas Anglican Church Hall</b> 16 Centre Street  Also available on Zoom	Wednesday: 10:00 – 10:45 am <b>Class Cancelled:</b> <b>Jan 1<sup>st</sup></b>
 <b>Advanced Cardio &amp; Weights</b> Patti Dell'Osso <b>Level **/**</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.		<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 11:00 – 11:45 am <b>Class Cancelled:</b> <b>Jan 1<sup>st</sup></b>
 <b>Zumba Gold</b> Jasmine Murray <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.		<b>Cavan Monaghan Community Centre</b> (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am <b>Class Cancelled:</b> <b>Jan 3<sup>rd</sup></b>

## MILLBROOK CONTINUED

### CLASS & INSTRUCTOR

 **Zumba Gold & Toning Combo** Jasmine Murray  
**Level \*\*/\*\***  
Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.

### LOCATION





**Millbrook Manor**  
2 Manor Drive

### DAY & TIME

Friday:  
11:45 am – 12:45 pm

**Class Cancelled:**  
Jan 3<sup>rd</sup>

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#705-775-3083 ext#337(EFP)**

<b>PETERBOROUGH</b>			
<b>CLASS &amp; INSTRUCTOR</b>		<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Chair Yoga Dance</b> Julie Humphries  <b>Level */**</b> Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance.		<b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday: 1:00 – 2:00 pm
 <b>Gentle Chair Stretch</b> Krista Skutovich  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		<b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:00 – 1:45 pm  <b>Class Cancelled:            Jan 2<sup>nd</sup></b>
 <b>Bodies in Balance</b> Krista Skutovich  <b>Level **/**</b> Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		<b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:50 – 2:20 pm  <b>Class Cancelled:            Jan 2<sup>nd</sup></b>
 <b>Bodies in Balance &amp; Falls Prevention</b> Shannon Burton  <b>Level **/**</b> Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling.		<b>YMCA Balsillie Family Branch</b> 123 Aylmer Street South Phone: (705) 748-9622  <b>Rachel covering Jan 10<sup>th</sup></b>	Friday: 11:00 am – 12:00 pm  <b>Class Cancelled:            Jan 3<sup>rd</sup></b>

## POLE WALKING

Michelle Holdforth is leading the pole walking group once per week. The location and schedule may change due to weather conditions. If in doubt, please call the class cancellation hotline for updates. 705-775-3083 ext#337(EFP)

Pole walking provides cardiovascular and strength benefits in an outdoor, fun, social environment.

- Poles are available to borrow or bring your own
- Please note location may change, or class may be cancelled depending on weather and trail conditions – Michelle will contact you in these cases or call the EFP Cancellation Hotline #705-775-3083 EXT# 337(EFP) - If possible, let Michelle know you plan to attend ahead of time to allow for this.

### **Pole Walking Schedule:**

**Pole Walking for Fitness** - *A 1-hour class where participants will be walking on potentially unsteady land and walking for fitness.*

**January Location** – BEL Rotary Bridgenorth Trail -meet in Bridgenorth parking area off Brumwell

Address: [See Trail Map Here](#)

Tuesday 2:30 – 3:30 pm (weather dependent)

Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors!

Please contact Michelle Holdforth for more information

[Yogasouls101@gmail.com](mailto:Yogasouls101@gmail.com)