




SCHEDULE IN-PERSON SESSIONS

Free classes for everyone 55 years +. Start anytime.



Exercise, Falls Prevention & Wellness Program

July 2024






APSLEY		
For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589		
CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <p>Exercise and Falls Prevention Class Mark Best</p> <p>Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.</p> <p>Register: Contact Mark #705-656-2589</p>	<p>North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.</p> <p style="color: red;">Sue will be covering for Mark while he is off for first few weeks in July</p>	<p>Wednesday <u>and</u> Friday: 10:00 – 11:00 am</p>

BUCKHORN


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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Balance 101 Michelle Holdforth</p> <p>Level ** 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>Buckhorn Community Centre 1782 Lakehurst Road</p>	<p>Monday: 12:30 – 1:00 pm</p>
<p> Exercise 101 Michelle Holdforth</p> <p>Level ** 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>Buckhorn Community Centre 1782 Lakehurst Road</p>	<p>Monday: 1:00 – 1:30 pm</p>

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






CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Bodies in Balance **NEW CLASS** Julie Humphries Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday 10:15 – 10:45 am
 Chair Yoga Julie Humphries Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday: 11:00 am – 12:00 pm
 Zumba Gold Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.	Community Care in Chemung 549 Ennis Rd, Ennismore Basketball courts Ennismore Community Centre (Inclement weather inside Chemung Office - Chemung clients only)	Thursday: 9:00 – 10:00 am
 Chair Yoga Dance Julie Humphries Level ** 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.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 10:15 - 11:15 am
 Chair Yoga Julie Humphries Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 11:30 am - 12:30 pm

CHEMUNG/ENNISMORE Continued


CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Zumba Toning Jasmine Murray</p> <p>Level: **/**** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore Basketball Courts by Ennismore Community Centre (Inclement weather inside Chemung Office - Chemung clients only)</p>	<p>Friday: 9:00 – 10:00 am</p>

HAVELOCK



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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Chair Yoga Stephanie Bolton Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care Havelock 17 Smith Drive	Monday 12:00 – 1:00 pm
 Zumba Gold Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.	Havelock Legion 8 Ottawa Street East	Tuesday: 9:30 – 10:30 am Donations appreciated
 Advanced Weights & Cardio Jasmine Murray Level: ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Havelock Legion 8 Ottawa Street East	Tuesday: 10:45 – 11:45 am Donations appreciated
 Line Dancing Marlene Chaplin Level: *** Choreographed dance routines set to fun music.	Havelock Legion 8 Ottawa Street East Lorraine Day covering Marlene July 24 th & July 31 st	Wednesday: 9:30 – 10:30 am Donations appreciated
 Advanced Weights & Cardio Krista Skutovich Level ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Havelock Legion 8 Ottawa Street East No class Wednesday, July 17 th	Wednesday: 10:45 – 11:30 am Donations appreciated




HAVELOCK Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Bodies in Balance Krista Skutovich</p> <p>Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.</p>	<p>Havelock Legion 8 Ottawa Street East</p> <p>No class Wednesday, July 17th</p>	<p>Wednesday: 11:40 am – 12:10 pm</p> <p>Donations Appreciated</p>


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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Circuit Training Krista Skutovich Level *** A low impact full body workout. Bring your own hand weights.	Norwood Legion 27 King Street **Class will run outside at Norwood Community Centre starting July 23 rd **	Tuesday: 9:00 – 9:45 am Donations Appreciated
 Line Dancing Marlene Chaplin Level: *** Coreographed dance routines set to fun music.	Norwood Legion 27 King Street No class while Marlene is away starting July 23 rd until August 13 th	Tuesday: 10:00 – 11:00 am Donations Appreciated

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






CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.	Lakefield Legion 10 Nicholls St	Monday: 9:00 – 10:00 am Donations Appreciated
 Cardio & Weights Sophie Lepage Level *** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.	Lakefield Legion 10 Nicholls St Mel covering Thurs. July 18th	Thursday: 9:00 – 9:45 am Donations Appreciated
 Bodies in Balance Wed – Rachel Jenkins Thurs - Sophie Lepage Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit. Mel covering Thurs. July 18th	Wednesday: 11:15 – 11:45 am Thursday: 10:00 - 10:30 am

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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Chair Yoga Stephanie Bolton Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Douro Community Centre - Harvest Room 2893 Hwy 28 and County Rd. 4	Friday: 1:00 – 2:00 pm No class Fri. July 26th

MILLBROOK

For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011

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

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

PETERBOROUGH			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Chair Yoga Dance Julie Humphries Level */** 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.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday: 1:00 – 2:00 pm
 Gentle Chair Stretch Krista Skutovich Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:00 – 1:45 pm
 Bodies in Balance Krista Skutovich Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:50 – 2:20 pm
 Bodies in Balance Rachel Jenkins/ Melissa Scott Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622 No class Friday, July 26th	Friday: 11:00 – 11:30 am

PETERBOROUGH Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Falls Prevention Rachel Jenkins/Melissa Scott</p> <p>Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, reducing the risk of future falling. With a focus on education, and discussions on ways to reduce the risk of falling, improve balance, and what to do if you do fall.</p>	<p>YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622</p> <p>No class Friday, July 26th</p>	<p>Friday: 11:30 -12:00 pm</p>

POLE WALKING

Michelle Holdforth has returned to leading a pole walking group once per week. The LOCATIONS and schedule may need to change due to weather conditions.

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

- Poles are available to borrow or bring your own
- Please note LOCATIONS July change, or class July be cancelled depending on weather and trail conditions – Michelle will contact you in these cases (If possible, let her know you plan to attend ahead of time to allow for this).

Pole Walking Schedule:

Pole Walking for Balance – *Our easiest Pole Walking Group. Focus is on improving balance, muscle conditioning, and having the opportunity to socialize at the same time. Participants are also welcome to use a walker if preferred/required.*

Classes currently On Hold

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

Tuesday 2:30 – 3:30 pm (weather dependent) – **July Location** – Meet at the Ennismore Waterfront Park at 981-1085 Ennis Rd. There is lots of parking and washrooms. Michelle suggests wearing light (colour & material) clothing and bring mosquito repellent as the trails are mostly within the trees. Please wear stable footwear as terrain July be uneven. Come prepared for the outdoors!

Please contact Michelle Holdforth for more information
Yogasouls101@gmail.com