




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



Exercise, Falls Prevention & Wellness Program

March 2025

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






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> 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>

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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>Bodies in Balance Julie Humphries</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>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Tuesday 10:15 – 10:45 am</p> <p>Karin covering Mar 4th</p>
 <p>Chair Yoga Julie Humphries</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Tuesday: 11:00 am – 12:00 pm</p> <p>Karin covering Mar 4th</p>
 <p>Zumba Gold Jasmine Murray</p> <p>Level: *** Fun low-impact cardio dance moves designed for older adults.</p>	<p>Ennismore Heritage Art Space Centre 507 Ennis Rd, Ennismore</p> <p>Donations encouraged</p>	<p>Thursday: 9:00 – 10:00 am</p> <p>Class cancelled Mar 6th</p>
 <p>Chair Yoga Dance Julie Humphries</p> <p>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.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Thursday: 10:15 - 11:15 am</p> <p>Karin covering Mar 6th</p>
 <p>Chair Yoga Julie Humphries</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Thursday: 11:30 am - 12:30 pm</p> <p>Karin covering Mar 6th</p>






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>Ennismore Heritage Art Space Centre 507 Ennis Rd, Ennismore</p> <p>Donations encouraged</p> <p>Friday Mar 7th – Chemung Community Care Office Shannon will lead a Cardio & Weights Class in place of Zumba Toning – bring a set of weights if you have them</p>	<p>Friday: 9:00 – 10:00 am</p> <p>No Zumba Mar 7th – Cardio & Weights instead</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
 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 Class cancelled Mar 24th
 Zumba Gold Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.	Havelock Legion 8 Ottawa Street East Donations appreciated	Tuesday: 9:30 – 10:30 am Mar 4th & 11th – Lorraine will lead Line Dancing in place of Zumba Gold
 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 Donations appreciated	Tuesday: 10:45 – 11:45 am Class cancelled: Mar 4th & 11th
 Line Dancing Lorraine Day Level: *** Choreographed dance routines set to fun music.	Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 9:30 – 10:30 am
 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 Donations appreciated	Wednesday: 10:45 – 11:30 am



HAVELOCK Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 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.	Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 11:40 am – 12:10 pm

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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 Donations appreciated	Tuesday: 9:00 – 9:45 am
 Line Dancing Marlene Chaplin Level: *** Coreographed dance routines set to fun music.	Norwood Legion 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> Zumba Gold Jasmine Murray</p> <p>Level *** Fun low-impact cardio dance moves designed for older adults.</p>	<p>Lakefield Legion 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Monday: 9:00 – 10:00 am</p> <p>Class Cancelled: Mar 3rd & 10th</p>
<p> Cardio & Weights Krista Skutovich</p> <p>Level *** 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>Lakefield Legion 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Thursday: 9:00 – 9:45 am</p>
<p> Bodies in Balance Wed – Rachel Jenkins Thurs – Krista Skutovich</p> <p>Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p>Regency of Lakefield 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>

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:
Mar 28th****Level ***

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



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

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 Class Cancelled: Mar 4th
 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 Friday Mar 7th Susan S will lead Line Dancing in place of Zumba

MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Zumba Gold & Toning Combo Jasmine Murray</p> <p>Level **/** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.</p>	<p>Millbrook Manor 2 Manor Drive</p>	<p>Friday: 11:45 am – 12:45 pm Friday Mar7th Patti will lead class</p>

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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 Karin will lead class Mar 4th
 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 & Falls Prevention Shannon Burton Level **/** Strength, conditioning, and balance exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling.		YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 am – 12:00 pm

POLE WALKING

Michelle Holdforth is leading the pole walking group once per week. The location and schedule may change due to weather conditions. The weather this time of year can be very unpredictable. Please dress appropriately. **If in doubt regarding class status, 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.*

February Location – Lakefield Trail – Meet where trail picks up at corner of Water St and County Rd 33
Address: Corner of Water St & County Rd 33 (Block Rd), Lakefield ON
Tuesday 2:30 – 3:30 pm (weather dependent)

Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors in late winter/early spring!

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