




SCHEDULE IN-PERSON SESSIONS

Free classes for everyone 55 years +. Start anytime.



Exercise, Falls Prevention & Wellness Program

May 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>Monday <u>and</u> Wednesday:</p> <p>10:00 – 11:00 am</p> <p style="color: red;">No class Mon. May 20th</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 style="color: red;">No class Mon. May 20th</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> <p style="color: red;">No class Mon. May 20th</p>

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

CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 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	Thursday: 9:00 – 10:00 am No class Thurs. May 9 th
 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 No class Thurs. May 9 th
 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 No class Thurs. May 9 th
 Zumba Toning Jasmine Murray Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.		Community Care in Chemung 549 Ennis Rd, Ennismore	Friday: 9:00 – 10:00 am

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 No class Mon. May 20th
 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	Wednesday: 9:30 – 10:30 am Donations appreciated
 Advanced Weights & Cardio Melissa Scott 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	Wednesday: 10:45 – 11:30 am Donations appreciated

HAVELOCK Continued

CLASS & INSTRUCTOR



Bodies in Balance

Melissa Scott

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



DAY & TIME

Wednesday:
11:40 am – 12:10 pm




Donations appreciated

NORWOOD


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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Circuit Training <p style="text-align: right;">Melissa Scott</p> <p>Level *** A low impact full body workout. Bring your own hand weights.</p>	<p>Norwood Legion 27 King Street</p>	<p>Tuesday: 9:00 – 9:45 am</p> <p>Donations Appreciated</p>
 Line Dancing <p style="text-align: right;">Marlene Chaplin</p> <p>Level: *** Coreographed dance routines set to fun music.</p>	<p>Norwood Legion 27 King Street</p>	<p>Tuesday: 10:00 – 11:00 am</p> <p>Donations Appreciated</p>

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 No class Mon. May 20th 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	Thursday: 9:00 – 9:45 am No class Thurs. May 9th 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.	Wednesday: 11:15 – 11:45 am Thursday: 10:00 - 10:30 am No class Thurs. May 9th

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. May 31st





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 **NEW LOCATION** 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

<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</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
 Gentle Chair Stretch Karin DesChamp 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 No class Thurs. May 9 th
 Bodies in Balance Karin DesChamp 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 No class Thurs. May 9 th
 Bodies in Balance Rachel Jenkins 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	Friday: 11:00 – 11:30 am

PETERBOROUGH Continued



Falls Prevention

Rachel Jenkins

YMCA Balsillie Family Branch

123 Aylmer Street South

Phone: (705) 748-9622

Friday:
11:30 -12:00 pm

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.

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 may change, or class may 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) – **May Location** –We will be walking the trails around Nichols Oval located at 725 Armour Rd. in Peterborough at the intersection of Armour and Parkhill Rd. Meet at the Peterborough Rugby Clubhouse on the east side of the park, there is lots of parking by the clubhouse. Please wear stable footwear as terrain may be uneven. Come prepared for the outdoors!

Tuesday Pole Walking for Fitness class will be cancelled Tuesday, May 14th.

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