




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

Exercise, Falls Prevention & Wellness Program



November 2024

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 Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance. Register: Contact Mark #705-656-2589		North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.	Monday and Wednesday: 10:00 – 11:00 am

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
 Bodies in Balance 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 <i>(Inside Chemung Office - Chemung clients only)</i>	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 <i>(Inside Chemung Office - Chemung clients only)</i></p>	<p>Friday: 9:00 – 10:00 am</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
 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 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 Shannon covering class Nov 13 & Nov 27th	Wednesday: 10:45 – 11:30 am Donations appreciated

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 Shannon covering class Nov 13 th & Nov 27 th	Wednesday: 11:40 am – 12:10 pm Donations Appreciated

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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	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	Tuesday: 10:00 – 11:00 am Donations Appreciated

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

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>Monday: 9:00 – 10:00 am</p> <p>Donations Appreciated</p> <p>No Class Nov 11th</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>Thursday: 9:00 – 9:45 am</p> <p>Donations Appreciated</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 Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Steph Bolton	Douro Community Centre - Harvest Room 2893 Hwy 28 and County Rd. 4	Friday: 1:00 – 2:00 pm No class Nov 29th
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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 <i>Krista covering class Nov 27th</i>	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 <i>Krista covering class Nov 27th</i> 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 <i>Krista covering class Nov 27th</i>	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	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</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 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, 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.		YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622 Rachel covering class Nov 1st	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. 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.*

November Location – Trent University Wildlife Sanctuary

Address: 801 University Rd, Peterborough ON, K9J 6Y1

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