Community Care
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Exercise & Falls Prevention (EFP) Program

Welcome to Community Care Peterborough's Exercise & Falls Prevention (EFP) Program, a program designed for older adults aged 55+. Within the program you will find a variety of class styles and levels, something to fit most needs within our communities. This booklet has been broken down into the following sections:

Section 1 - Retirement Home Class Schedules (Page 2)

Section 2 - Community Class Schedules – Divided by region (Page 11)

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If you are **New to our program** – before coming to class, complete a short registration form online.

Online EFP Program Registration Waiver.

If you would prefer a paper copy of the registration form, ask any instructor at any class.

Everyone who attends a class must complete the registration form, online or on paper.

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Section 1: Retirement Home Classes

All classes in the below section are open to members of the community to attend. (You do not need to reside in the retirement home to attend the class.)

Participants attending classes are expected to follow the policies put in place by the Facility and Public Health.

These classes are generally the easiest/gentlest classes offered within our program. Many of these classes are done fully seated, with a few exceptions that involve some standing and/or walking exercises. Fun & Fitness classes are an excellent choice for someone limited in walking mobility and/or balance who would still like to attend a quality exercise session while remaining seated. (Pleases refer to the indicated difficulty level for each class.)

As we move into the fall and winter months, if it is wet and/or snowy we require that you have a pair of indoor shoes to change into to maintain a safe space to exercise. Wet and/or snowy floors not only create a mess but are a slip and fall hazard. We greatly appreciate our partnerships with these facilities and will leave the spaces clean and dry - the way that we found them. (Water, salt, sand, dirt/mud free!)
Please note: If a facility is put into "outbreak" status by public health, EFP classes will be cancelled at that facility until the outbreak is cleared.

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Exercise & Falls Prevention (EFP) Program – November 2026

Applewood Retirement Residence

1500 Lansdowne St West, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00 – 11:30 am **Falls Prevention - Seated** *Instructor: Krista* Level: 1 **Activity Room***			

*Upon entering through the main doors, individuals must sign in at the front desk. From the front desk, turn to your right and you will see a hallway beside the cafeteria, follow the hallway to the end and there is a room on the left-hand side (Activity Room).

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Exercise & Falls Prevention (EFP) Program – November 2026

Canterbury Gardens

1414 Sherbrooke St West, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:30 am **Fun & Fitness** *Instructor: Angela* Level: 1 **Atrium***			**10:00 – 10:30 am** **Fun & Fitness –** ***Chi Gong Inspired Style*** *Instructor: Zhangbo* Level: 1 **Atrium***	**10:00 – 10:30 am** **Fun & Fitness** *Instructor: Shannon* Level: 1 **Atrium***
10:35 – 11:05 am **Bodies N' Balance** *Instructor: Angela* Level: 2 **Atrium***				

* Classes take place in the atrium which is just inside the main doors. Upon entering through the main doors, individuals must sign in at the front desk.

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Exercise & Falls Prevention (EFP) Program – November 2026

Empress Gardens

131 Charlotte St, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 – 9:30 am **Fun & Fitness** *Instructor: Ann* Level: 1 **Fireside Lounge***	**10:15 – 10:45 am** **Bodies N' Balance** *Instructor: Angela* Level: 2 **Wellness Centre**** **No Class Nov 11th**		**9:00 – 9:30 am** **Fun & Fitness** *Instructor: Angela* Level: 1 **Fireside Lounge***

* Fun & Fitness takes place in the **Fireside Lounge** on the main floor. Upon entering through the main doors, individuals must sign in at the front desk. From the main entrance the fireside lounge is just to the right – directly across from the main desk.

** Bodies N' Balance takes place in the **Wellness Centre** on the 3rd floor. Upon entering through the main doors, individuals must sign in at the front desk. From the main entrance take the elevator to the 3rd floor. Turn right immediately out of the elevator, the Wellness Centre is down the hall on the left.

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Exercise & Falls Prevention (EFP) Program – November 2026

Chartwell Jackson Creek

481 Reid St, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00 – 11:30 am **Fun & Fitness** *Instructor: Ann* Level: 1 **Activity Room***		**10:30 – 11:00 am** **Fun & Fitness** *Instructor: Krista* Level: 1 **Activity Room***	

*Class takes place in the activity room on the 2nd floor. Upon entering through main doors, please sign in at the front desk. From the main entrance take the elevator to the 2nd floor. The Activity Room is the first door on the right after exiting the elevator.

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Exercise & Falls Prevention (EFP) Program – November 2026

Princess Gardens

100 Charlotte St, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00 – 10:30 am **Fun & Fitness** *Instructor: Ann* Level: 1 **Atrium***			**10:00 – 10:30 am** **Fun & Fitness** *Instructor: Angela* Level: 1 **Atrium***
				10:45 – 11:15 am **Bodies N' Balance** *Instructor: Angela* Level: 2 **Atrium***

* Classes takes place in the **Atrium** on the 2nd floor. Upon entering through the main doors, individuals must sign in at the front desk. From the main entrance take the elevator to the 2nd floor. Turn left immediately out of the elevator, the atrium is just through the doorway.

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Exercise & Falls Prevention (EFP) Program – November 2026

The Regency of Lakefield

91 Concession St, Lakefield

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:30 – 11:15 am **Fun & Fitness** *Instructor: Rachel* Level: 1 **Common/Coffee Room*** **No Class Nov 11th**	**10:00 – 10:30 am** **Bodies in Balance** *Instructor: Rachel* Level: 2 **Common/Coffee Room***	
		11:15 – 11:45 am **Bodies in Balance** *Instructor: Rachel* Level: 2 **Common/Coffee Room*** **No Class Nov 11th**		

*Class takes place in the common/coffee room on the main floor. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. From the main entrance follow the walkway ahead of you to the right.

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Exercise & Falls Prevention (EFP) Program – November 2026

Royal Gardens

1160 Clonsilla Ave, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:30 am **Fun & Fitness** *Instructor: Krista* Level: 1 **Atrium***			**9:00 – 9:30 am** **Fun & Fitness –** ***Chi Gong Inspired Style*** *Instructor: Zhangbo* Level: 1 **Atrium***	**9:00 – 9:30 am** **Fun & Fitness** *Instructor: Shannon* Level: 1 **Atrium***
				1:30 – 2:00 pm **Bodies N' Balance** *Instructor: Shannon* Level: 2/3 **Fitness Centre****

Join us **Friday November 20th 2-4pm at Royal Gardens for Bone Building Basics –** an informative, interactive discussion about bone health with Cathy Pearcy from Osteoporosis Canada. To attend the event in person **please RSVP to Anna at 705-741-6036**. (Refreshments and Door Prizes provided by Royal Gardens.) To join virtually use the link on the Virtual Class calendar.

* Fun & Fitness takes place in the **Atrium**. Upon entering through the main doors, individuals must sign in at the front desk. From the main doors go straight ahead and turn right. The atrium is through the doorway. (Directly across from the elevators.)

** Bodies N' Balance takes place in the **Fitness Centre**. Upon entering through the main doors, individuals must sign in at the front desk. From the main doors go straight ahead until you reach the elevators. Take the elevator to the basement. From the elevator follow the hallway to the right, the Fitness Centre is the 2nd doorway on the left AFTER turning the corner.

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Exercise & Falls Prevention (EFP) Program – November 2026

Sherbrooke Heights

1434 Sherbrooke St W, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:30 am **Fun & Fitness** *Instructor: Angela* Level: 1 **Activity Room**		**9:00 – 9:30 am** **Bodies N' Balance** *Instructor: Krista* Level: 2 **Activity Room**	**9:00 – 9:30 am** **Fun & Fitness** *Instructor: Angela* Level: 1 **Activity Room**	

*Classes take place in the Activity Room on the main floor. Upon entering through the main doors, individuals must sign in at the front desk.

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Section 2: Community Classes

All classes in the below section are open to members of the community and require an EFP Membership to attend. (Some exemptions apply, please refer to reference section.)

These classes are in most cases a step (or more!) up in terms of difficulty, and take place in local Community Centers, Legions, Churches, etc. Please refer to the schedule for indicated level of difficulties.

Please note: While we do our best to have the monthly schedules accurate when they are sent out and posted each month, issues such as weather, instructor illness, etc. may arise. We encourage all participants to check the cancellation hotline before heading to class 705-775-3083 ext. 337. (Please do not leave a message.)

*As we move into the fall and winter months, if it is wet and/or snowy we require that you have a pair of indoor shoes to change into to maintain a safe space to exercise. Wet and/or snowy floors not only create a mess but are a slip and fall hazard. We greatly appreciate our partnerships with these facilities and will leave the spaces clean and dry - the way that we found them. (Water, salt, sand, dirt/mud free!)

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Exercise & Falls Prevention (EFP) Program - Apsley

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 11:00 am **Bodies in Balance** *Instructor: Ann* Level: 3 **North Kawartha Community Centre** Banquet Hall		**10:00 – 11:00 am** **Bodies in Balance** *Instructor: Ann* Level: 3 **North Kawartha Community Centre** Banquet Hall **Nov 11th ONLY – class will run 9:45am – 10:45am to accommodate the Remembrance Day Ceremony**		
		November 25th ONLY – Balance Assessments by appointment – please see coming email (Exercise Class will still run as scheduled)		

- For more information regarding classes please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- To stay up to date with class status - call the **EFP Cancellation Hotline at 705-775-3083 ext. 337** (Instructor commutes, please be sure to check hotline for cancellations.)

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Exercise & Falls Prevention (EFP) Program - Buckhorn

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 – 1:00 pm **Bodies in Balance** *Instructor: Michelle* Level: 2/3 **Buckhorn Community Centre**				

- To join a class, you must be a member with our EFP program, for more information please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.

- To stay up to date with class status - call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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Exercise & Falls Prevention (EFP) Program -Ennismore

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:15 – 10:45 am **Bodies in Balance** *Instructor: Julie* Level: 2/3 **Ennismore Curling Club – Upstairs Lounge** **$2 Donation Required** **No Class Nov 24th**	**November 18th Only** **Balance Assessments** by appointment – see poster in coming balance assessment email. (EFP Members)	**9:00 – 10:00 am** **Zumba Gold** *Instructor: Jasmine* Level: 3 **Ennismore Curling Club – Upstairs Lounge** **$2 Donation Required**	**9:00 – 10:00 am** **Zumba Gold - Toning** *Instructor: Jasmine* Level: 3 **Ennismore Curling Club – Upstairs Lounge** **$2 Donation Required** **No Class Nov 6th**
	11:00 am – 12:00 pm **Chair Yoga** *Instructor: Julie* Level: 2 **Ennismore Curling Club – Upstairs Lounge** **$2 Donation Required** **No Class Nov 24th**		**10:15 – 11:15 am** **Chair Yoga Dance** *Instructor: Julie* Level: 2 **Community Care - Ennismore Office** **No Class Nov 26th**	

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- Please note - $2 Donation Fee for classes at Ennismore Curling Club helps to cover the rental fees to use the facility.
- To stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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Exercise & Falls Prevention (EFP) Program - Havelock

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 – 1:00 pm **Chair Yoga** *Instructor: Steph* Level: 1/2 **17 Smith Dr – Common Room**	**9:30 – 10:30 am** **Zumba Gold** *Instructor: Jasmine* Level: 3 **Havelock Legion – Upstairs**	**9:30 – 10:30 am** **Line Dancing** *Instructor: Lorraine* Level: 3 **Havelock Legion – Upstairs** **No Class Nov 11th**		
	10:45 – 11:45 am **Cardio & Weights** *Instructor: Jasmine* Level: 4 (Advanced) **Havelock Legion – Upstairs**	**10:45 – 11:30 am** **Cardio & Weights** *Instructor: Shannon* Level: 4 (Advanced) **Havelock Legion – Upstairs** **No Class Nov 11th**		
		11:40 am – 12:15 pm **Circuit – Functional Balance** *Instructor: Shannon* Level: 3 **Havelock Legion - Upstairs** **No Class Nov 11th**		**Nov 13th Only** **Balance Assessments** – by appointment. See poster in coming balance assessment email. (EFP Members)

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- To stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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Exercise & Falls Prevention (EFP) Program – Lakefield/Douro

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 10:00 am **Zumba Gold** *Instructor: Jasmine* Level: 3 **Lakefield Legion**	**Cardio & Weights** *Stay tuned! We're working on an indoor version coming in December!*		**9:00 – 9:45 am** **Cardio & Weights** *Instructor: Krista* Level: 3/4 **Lakefield Legion**	
	Nov 17th Only – Balance Assessments by appointment. See poster in coming balance assessment email. (EFP Members)	**10:30 – 11:00 am** **Fun & Fitness** *Instructor: Rachel* Level: 1 **The Regency of Lakefield** **No Class Nov 11th**	**10:00 – 10:30 am** **Bodies in Balance** *Instructor: Rachel* Level: 2 **The Regency of Lakefield**	
		11:15 – 11:45 am **Bodies in Balance** *Instructor: Rachel* Level: 2 **The Regency of Lakefield** **No Class Nov 11th**		**1:00 – 2:00 pm** **Chair Yoga** *Instructor: Steph* Level: 1/2 **Douro Community Centre** **No Class Nov 27th**

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- To stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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Exercise & Falls Prevention (EFP) Program - Millbrook

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00 – 10:30 am **Line Dancing** *Instructor: Angela* Level: Beginner **St. Thomas Church – Millbrook** **$2 Donation Required**	**9:00 – 9:45 am** **Chair Yoga** *Instructor: Patti* Level: 2 **St. Thomas Church – Millbrook** **No Class Nov 4th**		**10:45 – 11:30 am** **Zumba Gold** *Instructor: Jasmine* Level: 3 **Cavan Monaghan Community Centre** Movement to Music (45mins) with Patti – $2 Donation - Nov 6th Only
	10:45 – 11:15 am **Line Dancing** *Instructor: Angela* Level: Intermediate **St. Thomas Church - Millbrook** **$2 Donation Required**	**10:00 – 10:45 am** **Bodies in Balance** *Instructor: Patti* Level: 2/3 **St. Thomas Church - Millbrook** **No Class Nov 4th**		**11:45 – 12:45 pm** **Zumba Gold & Toning Combo** Instructor: Jasmine Level: 2 **Millbrook Manor** Movement to Music (45mins) with Patti – $2 Donation - Nov 6th Only
	12:00 – 12:45 pm **Mat Strength & Stretch** *Instructor: Patti* Level: 4 **St. Thomas Church – Millbrook**	**11:00 – 11:45 am** **Cardio & Weights** *Instructor: Patti* Level: 4 **St. Thomas Church – Millbrook** **No Class Nov 4th**		**Wednesday Nov 25th Only** **Balance Assessments -** by appointment. See poster in coming balance assessment email. (EFP Members)

- To join a class, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.

- To stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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Exercise & Falls Prevention (EFP) Program - Norwood

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45 am **Fundamentals** *Instructor: Shannon* Level: 2/3 **Asphodel-Norwood Community Centre**	**9:00 – 9:45 am** **Circuit – Fitness** *Instructor: Shannon* Level: 3 **Norwood Legion**		**FRIDAY Nov 13th** **Balance Assessments** by appointment. See poster in coming email or at class.	**November 6th ONLY** **Feel Good Friday Zumba Gold** **10:00 – 11:00am*** *Instructor: Jasmine* Level: 3 **Norwood Town Hall** *Note: earlier start time
11:00 – 11:45 am **Cardio & Weights** *Instructor: Shannon* Level: 4 **Asphodel-Norwood Community Centre**	**10:00 – 11:00 am** **Line Dancing** *Instructor: Marlene* Level: 3 **Norwood Legion**			**November 27th ONLY** **Chair Yoga** **10:30 – 11:30am** *Instructor: Steph* Level: 1/2 **Norwood Town Hall**

- To join most classes, you must be a member with our EFP Program. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- **Please Note**: Monday and Friday Norwood Classes are in partnership with the Asphodel-Norwood Seniors Active Connector Hub and do not require an EFP Membership with Community Care Peterborough to attend.
- To stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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Exercise & Falls Prevention (EFP) Program - Peterborough

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 – 9:45 am **Zumba Gold** *Instructor: Jasmine* Level: 3 **McDonnel St Activity Centre** **No Class Nov 11th**		
		10:00 – 10:45 am **Warm Up & Weights** *Instructor: Krista* Level: 3 **McDonnel St Activity Centre** **No Class Nov 11th**	**1:00 – 1:45 pm** **Fundamentals** *Instructor: Krista* Level: 1/2 **St. John's Anglican Church**	**11:00 – 12:00 pm** **Bodies in Balance** *Instructor: Shannon* Level: 2/3 **YMCA Peterborough**
	1:00 – 2:00 pm **Chair Yoga Dance** *Instructor: Julie* Level: 2 **St. John's Anglican Church** **No Class Nov 24th**	**11:00 – 11:45 am** **Warm Up & Weights - Chair** *Instructor: Krista* Level: 2 **McDonnel St Activity Centre** **No Class Nov 11th**	**1:50 – 2:20 pm** **Bodies in Balance** *Instructor: Krista* Level: 2 **St. John's Anglican Church**	**Wed Nov 18th & Fri Nov 27th – Balance Assessments-** by Appointment – see poster in coming email or at class for more info.

Join us **Friday November 20th 2-4pm at Royal Gardens for Bone Building Basics –** an informative, interactive discussion about bone health with Cathy Pearcy from Osteoporosis Canada. To attend the event in person **please RSVP to Anna at 705-741-6036**. (Refreshments and Door Prizes provided by Royal Gardens.) To join virtually use the link on the Virtual Class calendar.

- For more information regarding classes or memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- YMCA – do not need to be YMCA member to attend, participants must sign in at front desk upon arrival
- To stay up to date with class status call the **EFP Cancellation Hotline at 705-775-3083 ext. 337**

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Exercise & Falls Prevention (EFP) Program - Pole Walking

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:00 – 3:00 pm **Pole Walking** *Instructor: Michelle* Level: 3/4 **November –** BEL Rotary Bridgenorth Trail **Bridgenorth, ON**				

Pole walking provides cardiovascular and strength benefits in a fun, social environment. Poles are available to borrow or bring your own. Please dress appropriately (clothing and footwear) for late fall weather. Wearing layers is recommended.

*Please note location may change, or class may be cancelled depending on weather and trail conditions – please call the EFP Cancellation Hotline 705-775-3083 ext. 337(EFP) if in doubt - If possible, let Michelle know you plan to attend ahead of time so she may contact you if there are any changes.

For more information, contact Michelle Holdforth Yogasouls101@gmail.com

- To join a class, you must be a member with our EFP program, for more information please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.

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Section 3: Virtual Classes – November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:45 am **Fundamentals** *Instructor: Shannon* Level: 2/3	**10:00 – 10:45 am** **Morning Energizer** *Instructor: Michelle* Level: 3	**10:00 – 10:45 am** **Bodies in Balance** *Instructor: Patti* Level: 3	**10:00 – 10:45 am** **Fundamentals Plus Weights** *Instructor: Shannon* Level: 2/3	**10:00 – 10:45 am** **Morning Energizer** *Instructor: Michelle* Level: 3
10:00 – 10:45 am **Chair Yoga** *Instructor: Mark* Level: 2	**10:00 – 10:45 am** **Mat Yoga** *Instructor: Mark* Level: 3	**10:00 – 10:45 am** **Chair Yoga** *Instructor: Mark* Level: 2	**10:00 – 10:45 am** **Mat Yoga** *Instructor: Mark* Level: 3 *Nov 26th – Yin Yoga	
11:00 – 11:45 am **Cardio & Weights** *Instructor: Shannon* Level: Advanced (4)	**11:00 – 11:45 am** **Cardio & Weights** *Instructor: Michelle* Level: Advanced (4)	**11:00 – 11:45 am** **Cardio & Weights** *Instructor: Patti* Level: Advanced (4) Nov 4th ONLY– 10:45 – 11:30 (Shannon)	**11:00 – 11:45 am** **Cardio & Weights** *Instructor: Shannon* Level: Advanced (4)	**November 20th ONLY:** **2:00 – 4:00pm** **Building Better Bones Wellness Event** (see poster in newsletter)

- To join a class, you must have an EFP Membership. For more information regarding memberships please reach out to us at efp@commcareptbo.org or contact your local Community Care Office.
- Please note – instructors may change due to availability.

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Section 4:

Class Descriptions

Please note that classes with the same name may vary between locations and instructors but will have the same general underlying principles and focus**. Classes with the same name can vary in difficulty levels, please pay attention to the indicated level for each class.**

Bodies in Balance: Strength, conditioning, and balance exercises that will lead to improved overall balance and stability, and ultimately increasing strength, functional abilities and reducing the risk of future falling.

Cardio & Weights: Start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session. Bring your own weights if you have them.

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

Chair Yoga Dance: 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.

Circuit: Class starts with a warm-up before moving into a circuit aimed to increase strength, mobility and balance. Classes may utilize a variety of equipment.

Energizer: A combination of seated and standing exercises to improve your flexibility, strength and balance. There's an option to use small weights. A good choice if you're able to stand on your own or with the support of a chair.

Fun & Fitness: A fully seated exercise class that will work on range of motion/mobility, strength and stability.

Fundamentals: A mostly seated class to build strength and range of motion in the muscles and joints that are at the very base of everyday functional movements and balance. Some classes may use equipment such as weights.

Line Dancing: Choreographed dance routines set to fun (often but not always country) music.

Mat Strength & Stretch: Gentle stretch and strengthen class with standing and mat exercises. Bring your own yoga mat.

Mat Yoga: Gentle yoga class that includes standing and mat poses.

Movement to Music: A 45min class in place of the Zumba Gold class.

Pole Walking: A 1hr walk outdoors using walking poles to help improve overall fitness and wellness.

Warm Up & Weights: An all-round fitness class for older adults. Through bodyweight and dumbbell exercises this class will help you improve your muscle strength, endurance, stability, and mobility. Please note indicated class level on schedule.

Yin Yoga: A slow-paced yoga class on your mat where poses are held for longer periods of time. Great for improving flexibility and reducing stress.

Zumba Gold: Fun low-impact cardio dance routines designed for older adults.

Zumba Toning: Fun low-impact cardio dance routines designed for older adults combined with resistance training. Bring your own hand weights.

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Section 5: Class Levels

Curious what to expect at our classes? Please see below for a brief description of EFP class levels of difficulty. Our team of instructors are constantly adjusting their classes to best fit our participants. Therefore, classes may vary day to day, between locations/instructors, or may evolve over time. Please note that ALL Community Care's EFP classes are geared to older adults aged 55+. **You should consult with your physician before beginning any new fitness routine.** If you are unsure of what class(es) may be the best fit for you or a family member, please reach out to our team.

Level 1 – "Gentle" - Participants can expect to spend 100% of the class seated in their chair. Movements are usually slower and easy to follow. Ideal for older adults who may be struggling with their mobility, or that are just beginning their wellness journey and want to ease into it.

Level 2 – "Gentle Plus" – Participants will spend more time sitting in the chair than standing up. The amount of standing time will fluctuate depending upon the class and the day. Options can be given for participants who wish to remain seated the entire time. These classes are ideal for older adults who are looking to incorporate SOME standing/weight bearing exercises into their routine but do not wish to or are unable to stand for prolonged periods.

Level 3 – "Intermediate" - Exercises/movements may be more challenging than a level 2 class in one or more of the following ways: more time spent standing up, greater strength challenge, working through bigger movements requiring greater mobility, more difficult balance exercises, the instructor may move through exercises more quickly, class overall may require more stamina, or a combination of the aforementioned.

Level 4 – "Advanced" - Recommended for individuals who are already active and have a built up to exercising at this level. Classes are mostly standing, aside from exercises that require a seated position. Exercises/movements are more complex, requiring better balance and stamina than lower class levels. These classes are fantastic for older adults who still want to challenge themselves in a workout but would like to do so in a class that keeps in mind the needs and concerns of an aging body.

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Section 6: Class Location Directory

Apsley:

North Kawartha Community Centre Banquet Hall - 340 McFadden Rd

Buckhorn:

Buckhorn Community Centre - 1782 Lakehurst Rd

Douro:

Douro Community Centre Harvest Room - 2893 County Rd 28

Ennismore:

Ennismore Curling Club Upstairs Lounge – 555 Ennis Rd

Community Care - Ennismore Office – 549 Ennis Rd

Havelock:

Havelock Legion, upstairs – 8 Ottawa St East

Havelock Community Care Building, Common Room – 17 Smith Dr

Lakefield:

Lakefield Legion – 10 Nichol's St

Regency of Lakefield – 91 Concession St

Millbrook:

St. Thomas Anglican Church Hall – 16 Centre St

Cavan Monaghan Community Centre Studio Room - 986 Peterborough County Rd 10

Millbrook Manor – 2 Manor Dr

Norwood:

Asphodel-Norwood Community Centre Millenium Room – 88 Alma St

Norwood Legion – 27 King St

Norwood Town Hall – 2357 County Rd 45

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Class Location Directory - Continued

Peterborough:

St. John's The Evangelist Anglican Church Guild Hall – 99 Brock St

McDonnel St Activity Centre, downstairs– 577 McDonnel St

YMCA Balsillie Family Branch Peterborough – 123 Aylmer St

Retirement Homes (open to public):

Applewood Retirement: 1500 Lansdowne St W, Peterborough

Canterbury Gardens: 1414 Sherbrooke St W, Peterborough

Empress Gardens: 131 Charlotte St, Peterborough

Chartwell Jackson Creek: 481 Reid St, Peterborough

Princess Gardens: 100 Charlotte St, Peterborough

The Regency of Lakefield: 91 Concession St, Lakefield

Royal Gardens: 1160 Clonsilla Ave, Peterborough

Sherbrooke Heights: 1434 Sherbrooke St W, Peterborough

Pole Walking (changes monthly): Please refer to Pole Walking Schedule

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Section 7: EFP Memberships

In April 2025, to maintain the expansive high-quality class programming we have spent more than a decade creating, Community Care Peterborough implemented a Membership format for their EFP (Exercise and Falls Prevention) program. To attend classes* participants must purchase a $35/year or $25/6 month membership. Under this membership you are welcome to attend as many Community Care EFP classes as you like; in-person, virtually, or both. If you have any questions regarding the EFP Memberships, please contact us at efp@commcareptbo.org

If you are:

New to our program – before coming to class, complete a short registration form online

Online EFP Program Registration Waiver.

If you would prefer a paper copy of the registration form, ask any instructor at any class.

Everyone who attends a class must complete the registration form, online or on paper.

OR to purchase an EFP membership AND complete your registration form, please use the following link to register and pay online:

Online EFP Membership Payment.

You may also go into or call your local Community Care office to register for your membership in-person or over the phone.

More information about EFP Membership can be found here

EFP Membership Info 2026 & FAQ's.

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EFP Memberships - Continued

If you are:

An existing EFP Member – you will receive an email notice when your renewal date is getting near with instructions on how to renew. If you would like to know when your renewal date is before receiving your renewal notice, a Community Care staff member would be happy to look it up for you in our system. You can contact the EFP team or your local Community Care office.

Membership Exemptions:

Some classes are exempt from requiring membership to attend due to partnerships with other agencies/facilities.
Exemptions Include:

- *Classes in partnership with Senior's Active Living Center (Asphodel-Norwood Community Centre, Asphodel-Norwood Town Hall, McDonnel St. Activity Center, North Kawartha Community Center)*
- *YMCA Members attending class only at the YMCA*
- *St. John's Anglican Church Members attending class only at St. John's Anglican Church*
- *Retirement Home Classes*

As a non-profit we do appreciate every membership purchased as it helps us maintain our program quality and quantity. If you are unable to cover the cost of membership, please contact our team. We will work with you to find a solution.

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Section 8 - Donations & Other Information

"$1/$2 Donation Required" – you will see some classes with this note. These classes incur additional costs for Community Care to run. They are either run at a facility where there is a rental fee, or they are an extra class added to the schedule beyond our normal instructor budget. The donation fees collected from these classes are used directly to offset the costs associated with running each class.

Donation Jars – You may see donation jars at the sign in tables at classes. As a non-profit organization, Community Care is very appreciative of all donations received. All money collected from donations goes directly back into services in our own local community. Please note – only "Donation Required" classes require/expect a donation. Any donations collected in the optional jars are greatly appreciated.

Participant Responsibilities – For the safety and well-being of all who attend classes, participants are expected to follow the policies and procedures of the facility they are attending, and the safety instructions of their instructor. For anyone not being respectful or following instructions, a warning will be given. Should the behavior continue, it is the within the right of Community Care staff and the facility to revoke the invitation to attend class. A temporary or permanent suspension may be given, depending upon the situation. In these cases, the EFP Membership fees will not be refunded.

Cancellation Hotline- All cancellations will be posted on the cancellation hotline. When in doubt call before heading to class **705-775-3083 ext 337**. (Do not leave a message on this line.) Cancellations may happen due to dangerous weather conditions (snow, ice, extreme heat), instructor illnesses/vacations/emergencies, or due to facility availability. We do our best to have the monthly calendars accurate when posted at the beginning of the month, but "real-life" happens to us all!

Email Communications- A monthly newsletter including any planned schedule adjustments or cancellations will be emailed at the start of each month. The "Member's Version" will include the links and passcodes for virtual classes, and any special member events. For participants without email, a package will be available for pickup at your local Community Care Office. Unfortunately, due to postage fees and environmental impacts we are unable to mail out packages.

We try our best to minimize the number of emails sent through the month, however when there are last minute cancellations/changes to the schedule you will often receive cancellation/update emails. Unfortunately, we haven't figured out how to control the weather, so during the winter and hot summer months these emails may come through more frequently.

Contact Information – The EFP Team is always happy to answer any questions or concerns you may have. The easiest way to reach us is via email efp@commcareptbo.org. You can also call our phone line 705-927-3906, we are often busy leading classes in which case please leave a voicemail and we will return your call. Your local Community Care Offices are also happy to help you.