

## Retirement Home Exercise & Falls Prevention (EFP) Classes

EFP Program - April 2026

*\*Individuals from the public/non-residents of the retirement homes are welcome to attend any of the below classes provided they follow the safety protocols in place by the building they are attending. Due to cold & flu season these policies may change at any time as per Public Health and/or facility policies.*

APPLEWOOD RETIREMENT RESIDENCE		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling	<b>Applewood Retirement Residence</b> <b>1500 Lansdowne St. West, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with 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 (Theatre Room).	Tuesday  10:30 – 11:00am

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<b>CANTERBURY GARDENS</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <b>Fun &amp; Fitness Seated Exercise</b>  Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	<b>Canterbury Gardens Atrium 1414 Sherbrooke St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in at the front desk. Class takes place in the atrium which is just inside the main doors.	Monday, Thursday & Friday:  10:00 – 10:30 am  <b>No Class Apr 3<sup>rd</sup> &amp; 6<sup>th</sup></b>
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling	<b>Canterbury Gardens Atrium 1414 Sherbrooke St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium which is just inside the main doors.	Monday:  10:35 – 11:05am  <b>No Class Apr 6<sup>th</sup></b>

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<b>EMPRESS GARDENS</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <b>Fun &amp; Fitness Seated Exercise</b>  Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	<b>Empress Gardens Fireside Lounge</b> <b>131 Charlotte St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the fireside lounge on the main floor. From the main entrance the fireside lounge is just to the right – directly across from the main desk.	Tuesday & Friday:  9:00 – 9:30 am  <i>No Class Apr 3<sup>rd</sup></i>
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>Empress Gardens Wellness Centre (3<sup>rd</sup> floor)</b> <b>131 Charlotte St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the wellness centre on the 3 <sup>rd</sup> floor. From the main entrance take the elevator to the 3 <sup>rd</sup> floor. Turn right immediately out of the elevator, the wellness centre is down the hall on the left.	Wednesday:  10:15 – 10:45 am

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CHARTWELL JACKSON CREEK RETIREMENT RESIDENCE		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 <p><b>Fun &amp; Fitness Seated Exercise</b></p> <p>Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.</p>	<p><b>Jackson's Creek Retirement Residence</b> 481 Reid St., Peterborough</p> <p>*Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk.</p>	Tuesday: 11:00 – 11:30am
		Thursday: 10:30 – 11:00am

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<b>PRINCESS GARDENS</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <p><b>Fun &amp; Fitness Seated Exercise</b></p> <p>Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.</p>	<p><b>Princess Gardens Atrium (2<sup>nd</sup> Floor)</b>  <b>100 Charlotte St, Peterborough</b></p> <p>*Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium on the 2nd floor. 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.</p>	<p>Tuesday &amp; Friday:</p> <p>10:00 – 10:30 am</p> <p><i>No Class Apr 3<sup>rd</sup></i></p>
 <p><b>Falls Prevention</b></p> <p>Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p><b>Princess Gardens Atrium (2<sup>nd</sup> Floor)</b>  <b>100 Charlotte St, Peterborough</b></p> <p>*Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium on the 2nd floor. 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.</p>	<p>Friday:</p> <p>10:45 – 11:15 am</p> <p><i>No Class Apr 3<sup>rd</sup></i></p>

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<b>The Regency of Lakefield</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <b>Fun &amp; Fitness Seated Exercise</b>  Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	<b>The Regency – Main Floor 91 Concession St, Lakefield</b>  *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the common/coffee room on the main floor. From the main entrance follow the walkway ahead of you to the right.	Wednesday:  10:30 – 11:00 am
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>The Regency – Main Floor 91 Concession St, Lakefield</b>  *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the common/coffee room on the main floor. From the main entrance follow the walkway ahead of you to the right.	Wednesday: 11:15 – 11:45 am
		Thursday: 10:00 – 10:30 am

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<b>ROYAL GARDENS</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <p><b>Fun &amp; Fitness Seated Exercise</b></p> <p>Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.</p>	<p><b>Royal Gardens – Atrium</b>  <b>1160 Clonsilla Ave, Peterborough</b></p> <p>*Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium. From the main doors go straight ahead and turn right. The atrium is through the doorway. (Directly across from the elevators.)</p>	<p>Monday, Thursday &amp; Friday:</p> <p>9:00 – 9:30 am</p> <p>No Class Apr 3<sup>rd</sup> &amp; 6<sup>th</sup></p>
 <p><b>Falls Prevention</b></p> <p>Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p><b>Royal Gardens – Fitness Centre</b>  <b>1160 Clonsilla Ave, Peterborough</b></p> <p>*Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the wellness centre. 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 2<sup>nd</sup> doorway on the left AFTER turning the corner.</p>	<p>Friday:</p> <p>1:30 - 2:00 pm</p> <p>No Class Apr 3<sup>rd</sup></p>

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<b>SHERBROOKE HEIGHTS</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <b>Fun &amp; Fitness Seated Exercise</b>  Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	<b>Sherbrook Heights – 2<sup>nd</sup> Floor</b> <b>1434 Sherbrooke St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk.	<b>Monday &amp; Thursday:</b> <b>9:00 – 10:00 am</b>  <b>No Class Apr 6<sup>th</sup></b>
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>Sherbrooke Heights – 2<sup>nd</sup> Floor</b> <b>1434 Sherbrooke St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk.	<b>Wednesday:</b> <b>9:00 – 9:30 am</b>