

Wellness, Exercise & Falls Prevention Catalogue

July 5 – July 30, 2021

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Unsure which classes are best for you? Email the instructor or ask your Community Development Coordinator in your local office.

Latest News for Our Participants


- For registration process, and to receive the Zoom details and other class information, please email Sheila:
 - scook@commcareptbo.org
- No classes on August 2.
- **Outdoor Classes:**
 - We are now able to offer outdoor classes of up to 24 participants. See page 6 for a list of locations.
 - See updated location for some Pole Walking Classes (fewer mosquitos).
 - Weather-dependant.
- **Wellness Wednesdays: 1:00 – 1:45 p.m.**
 - In July, each Wednesday will have a theme. We'll feature summer recipes and well-being activities.
 - **July 7 – Water for Well-Being: Refreshing Beverages Recipes + A Hydration Check + Protecting our Water**
 - **July 14 – Fabulous Fish: Fish on Your Dish Recipes + Nutrition Information + Selecting Sustainable Options**
 - **July 21 – Too Hot to Cook: Salad Plate Suppers + Mindful Eating + Stay Cool Ideas**
 - **July 28 – Farmers' Markets: Local Ingredient Recipes + Gratitude for Food + What it Takes to Put Food on Our Plates**
- **Check the new Summer Calendar**
 - Some afternoon classes will not be offered during the summer.
 - New Friday Advanced Cardio & Weights Class at 10 a.m. – different Zoom information that the rest of the week.
- **Good for You!** - Designed by our instructors, simple exercises to do at home with the support of a chair. Contact your local Community Care Office to get a brochure with instructions and pictures - for yourself, a neighbour or parent.
- **Class Videos**
 - You asked for videos you can do on weekends, holidays and whenever you feel like it. We've put together a play list of a variety of classes. See page 6 for details.
- **What you need for class** – make the most of your class time by having the following items handy
 - All classes: Water bottle
 - Advanced Cardio & Strength: Hand weights.
 - Energizer – Morning and Afternoon: Hand weights, towel or strap, cushion/small pillow.
 - Mindful Mondays: Notebook or paper and pen or pencil. Blanket and cushion.
 - Wellness Wednesdays: Notebook or paper and pen or pencil.
- **Zoom Support**
 - Interested in trying a class but have never used Zoom before? We can help with that. Call your local Community Care Office or email scook@commcareptbo.com





SECTION A: Exercise Classes Offered On-Line (Zoom)


New to On-Line Classes or using Zoom?


- Look in our Zoom Guide or call your local office for support. Our staff and volunteers are happy to help.
- Click on the link for each class OR go to: www.zoom.us. When prompted enter the Meeting ID and Passcode from the charts below.


Class	Advanced Cardio & Weights – On-Line 		
Description	In this class, we 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. Level of Difficulty ****		
Day & Time	Monday, Tuesday, Wednesday and Thursday: 11:00 a.m. – 11:45 a.m.		
Instructors	Sheila Cook scook@commcareptbo.org	Michelle Holdforth yogasouls101@gmail.com	
NEW Day & Time	Friday: 10:00 – 10:45 a.m.		
Instructor	Michelle Holdforth yogasouls101@gmail.com		


Class	Afternoon Energy Boost Exercises – On-Line 		
Description	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. Level of Difficulty ** *NEW Special Class on Thursdays: POUND - Move and groove with this fun, energetic workout to build endurance, strength and coordination while toning your muscles. You'll use 2 wooden spoons or drumsticks to create your own beat. Level of Difficulty +++		
NEW Day & Time	Wednesday: 3:30 p.m. – 4:00 p.m.		
Instructor	Michelle Holdforth yogasouls101@gmail.com		

Class	Body and Brain Fitness – On-Line 	
Description	Seated and standing (with the support of a chair) activities designed to keep your brain sharp and your body strong and flexible. Exercise is one of the best ways to boost our brain health and improve our coordination. Level of Difficulty *	
Day & Time	Monday, Wednesday & Friday: 9:00 – 9:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com

Class	Gentle Stretch and Strengthen Exercises – On-Line 	
Description	A gentle seated class for people just starting to exercise, prefer to exercise from a chair and/or have health conditions like arthritis, osteoporosis and breathing challenges. Exercises for better bones and greater flexibility. Level of Difficulty *	
Day & Time	Monday and Friday: 10:00 – 10:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com


Class	Fun Fusion – On-Line 	
Description	A special combination of fun energetic movements plus activities to improve balance, coordination, focus and posture. Level of Difficulty **	
Day & Time	Tuesday and Thursday: 9:00 – 9:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com


Class	Morning Energizer – On-Line 	
Description	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. Level of Difficulty **	
Day & Time	Tuesday, Wednesday and Thursday: 10:00 a.m. – 10:45 a.m.	
Instructors	Sheila Cook scook@commcareptbo.org	Michelle Holdforth yogasouls101@gmail.com
Zoom Info	Meeting ID: 885 9782 2244	Passcode: Energy
Link	https://us02web.zoom.us/j/88597822244?pwd=R0l4Qyt5VlJXK2gyYlROam0yYjFyUT09	


Class	Zumba 	
Description	A fun way to get fit with simple dance moves specially choreographed by Amarilis. If you're a bit shy, remember you can turn your video off and dance to your heart's content. Level of Difficulty ***	
Day & Time	Friday: 11:00 – 11:45 a.m.	
Instructor	Ana Maria Zapata	azapatabogado@hotmail.com





SECTION B: Yoga On-Line (Zoom)

Class	Chair Yoga with Laura 	
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
Day & Time	Monday, Wednesday and Friday: 10:00 a.m. – 11:00 a.m.	
Instructor	Laura Dunford	sweetwellnessandyoga@gmail.com

Class	Chair Yoga with Mark 	
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
Day & Time	Monday and Wednesday: 10:00 a.m. – 10:45 a.m.	
Instructor	Mark Severin	mhseverin58@gmail.com


Class	Mat Yoga with Mark 	
Description	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***	
Day & Time	Tuesday and Thursday: 10:00 a.m. – 10:45 a.m.	
Instructor	Mark Severin	mhseverin58@gmail.com

Class	Evening Mat Yoga with Mark - Monday 	
Description	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***	
Day & Time	Monday: 7 p.m.	
Instructor	Mark Severin	mhseverin58@gmail.com

Class	Evening Yoga with Mark - Wednesday 	
Description	Every other week, Mark switches it up. One week you'll be guided through Yin Yoga – a slower paced class in which poses are held for longer periods of time. Then the next week, you'll experience a free-form yoga dance party. Mark plays his favourite songs and offers yoga-inspired moves. Level of Difficulty: ***	
Day & Time	Wednesday: 7 p.m.	
Instructor	Mark Severin	mhseverin58@gmail.com



SECTION C: Health & Wellness Classes Offered On-Line (Zoom)

Class	Wellness Wednesdays 	
Description	An interesting topic each week to help you learn more about how to stay healthy and vibrant. You'll need a notebook/paper and pencil/pen. Level of Difficulty: *	
Day & Time	Wednesdays: 1:00 – 1:30 p.m.	
Instructor	Sheila Cook & Special Guests	scook@commcareptbo.com



SECTION D: Videos

OPTION 1: Go to Community Care's YouTube Channel. This link will take you there.

<https://www.youtube.com/channel/UCw4IjigBIHY7NWzsFKWg2rg/playlists>

We organized the classes by Playlists or types of classes: Advanced; Gentle; Yoga; and Wellness (coming soon)
Click on the VIEW FULL PLAYLIST to see the classes available in this category.

OPTION 2: Go to the link below.

<https://www.youtube.com/playlist?list=PLctjX5MizqsWo4QWvILxI3ETKf1S8rDcg>

To see a list of classes offered.

For each class, we provided a short description, name of instructor and class length.

OUTDOOR SESSIONS UPDATED JULY 1, 2021

REGISTRATION IS NOT NEEDED. NOTE UPDATED TIMES AND LOCATIONS. COVID PROTOCOLS IN PLACE.

LOCATION	CLASS & INSTRUCTOR	SETTING	DAY & TIME	FOR INFORMATION RE: WEATHER CANCELATIONS AND DIRECTIONS, ETC.
Buckhorn	 Pole Walking <i>Michelle Holdforth</i>	Kawartha Highlands County Road 36 (2.6 km North of Buckhorn Light)	Thursday 2:00 – 3:00 p.m.	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770
Chemung/ Ennismore	 Chair Yoga <i>Laura Dunford</i>	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday 10:00 – 11:00 a.m.	Contact: Community Care in Chemung Phone: 705-292-8708
	 Pole Walking <i>Michelle Holdforth</i>	Emily Tract (Peace Rd/Kawartha Lakes County Rd 14 – just off County Road 10.	Wednesday 9:30 – 10:30 a.m.	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770
	 Zumba <i>Jasmine Murray</i>	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday 9:30 a.m.	Contact: Community Care in Chemung Phone: 705-292-8708
Havelock	 Zumba <i>Jasmine Murray</i>	Rotary Park 25 Industrial Drive	Tuesday 9:30 a.m.	Contact: Community Care in Havelock Phone: 705-778-7831
Lakefield	 Zumba <i>Jasmine Murray</i>	Isabel Morris Park 20 Concession St	Monday 9:00 a.m.	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Exercise in Park <i>Mary Marsden</i>	Isabel Morris Park 20 Concession St	Tuesday and Friday 9:00 – 10:00 a.m.	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Pole Walking <i>Michelle Holdforth</i>	Robert Johnson Ecoforest Trail 185 5 th Line Douro	Monday 12:30 – 1:30 p.m.	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770
Millbrook	 Zumba <i>Jasmine Murray</i>	St. Thomas Anglican Church 16 Centre Street	Friday 9:30 – 10:30 a.m.	Contact: Community Care in Millbrook Phone: 705-932- 2011
	 Chair Zumba <i>Jasmine Murray</i>	Millbrook Manor Gazebo 2 Manor Drive	Friday 11:00 – 11:45 a.m.	Contact: Community Care in Millbrook Phone: 705-932- 2011
Peterborough	 Walking Group <i>Tara Carpino</i>	Jackson Creek Kiwanis Trail 610 Parkhill Road West	Wednesday and Friday 10:00 – 11:00 a.m.	Contact: Tara Carpino Email: tara.carpino@gmail.com Phone: 647 891 3569

- You must follow all new COVID-19 protocols. Bring your own pen. Wear a mask when closer than 3 meters/9 feet.
- Please be sun smart – wear a hat, apply sunscreen, and bring a water bottle. For walking groups – bring insect spray.