




Exercise, Falls Prevention & Wellness Program






IN-PERSON SESSIONS – January 2023

Apsley		For Information Contact (re: weather cancelations, etc.): Community Care in Apsley 705-656-4589	
CLASS & INSTRUCTOR		SETTING	DAY & TIME
 Exercise and Falls Prevention Class <p style="text-align: right;">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>	North Kawartha Community Centre, Banquet Hall 340 McFadden Rd	Monday <u>and</u> Wednesday 10:00 – 11:00 a.m. Registration Required	

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Buckhorn		For Information Contact (re: weather cancelations, etc.): Community Care in Buckhorn: 705-657-2171	
CLASS & INSTRUCTOR		SETTING	DAY & TIME
 Balance 101 <p style="text-align: right;">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>	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm	
 Exercise 101 <p style="text-align: right;">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>	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 1:00 – 1:30pm	







Chemung/Ennismore		
For Information Contact (re: weather cancellations, etc.): Community Care in Ennismore 705-292-8708		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Chair Yoga <div style="text-align: right;">Laura Dunford</div> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore FIRST CLASS JAN 9th	Tuesday: 9:30 -10:30 am
 Yoga Combo <div style="text-align: right;">Laura Dunford</div> <p>Level ** A blend of seated and mat yoga will help your muscles feel long and strong. Bring your own mat.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore FIRST CLASS JAN 9th	Tuesday: 10:45 - 11:45 am
 Chair Yoga <div style="text-align: right;">Julie Humphries</div> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore First Class Jan 5th	Thursday: 11:00 am - 12:00 pm
 Zumba Gold <div style="text-align: right;">Jasmine Murray</div> <p>Level: *** Fun low-impact cardio dance moves designed for older adults.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday 9:00 – 10:00 am
 Zumba Toning <div style="text-align: right;">Jasmine Murray</div> <p>Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore	Friday 9:00 – 10:00 am

Havelock		For Information Contact (re: weather cancelations, etc.): Community Care in Havelock: 705-778-7831	
CLASS & INSTRUCTOR		SETTING	DAY & TIME
 Zumba Gold <p style="text-align: right;">Jasmine Murray</p> <p>Level: *** Fun low-impact cardio dance moves designed for older adults.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Tuesday: 9:30 – 10:30 am Donations appreciated	
 Advanced Cardio & Weights <p style="text-align: right;">Jasmine Murray</p> <p>Level: ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Tuesday: 10:45 – 11:45 am Donations appreciated	
 Line Dancing <p style="text-align: right;">Marlene Chaplin</p> <p>Level: *** Choreographed dance routines set to fun music.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 9:30 – 10:30 am Donations appreciated	
 Advanced Cardio & Weights <p style="text-align: right;">Shannon Burton</p> <p>Level ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 10:45 – 11:30 am Donations appreciated	
 Bodies in Balance <p style="text-align: right;">Shannon Burton</p> <p>Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 11:40 am – 12:15 pm Donations appreciated	
 Chair Yoga <p style="text-align: right;">Stephanie Bolton</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	Community Care Havelock 17 Smith Dr, Havelock	Monday 12:00 – 1:00 pm	

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Free classes for everyone 55 years +. Start anytime.

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Norwood		
For Information Contact (re: weather cancelations, etc.): Community Care in Norwood: 705-639-5631		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Circuit Training <p style="text-align: right;">Shannon Burton</p> <p>Level *** A low impact full body workout. Bring your own hand weights.</p>	<p>Norwood Legion 27 King St, Norwood</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, Norwood</p>	<p>Tuesday: 10:00 – 11:00 am</p>

Lakefield			For Information Contact (re: weather cancelations, etc.): Community Care in Lakefield 705-652-8655		
CLASS & INSTRUCTOR	SETTING	DAY & TIME			
 Zumba Gold Level *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray Lakefield Legion 10 Nicholls St	Monday: 9:00 – 10:00 am			
 Fitness Fusion Level *** Fusing strengthening & stretching exercises with balance and stability exercises in one comprehensive class to increase overall fitness. Bring your own light hand weights.	Jodie Mulder Lakefield Legion 10 Nicholls St	Tuesday & Thursday 9:00 – 9:45 am			
 Line Dancing Level *** Coreographed dance routines set to fun music. A new class we're trying out for Lakefield Community Care! Come out and give it a try!	Bev Thompson Lakefield Legion 10 Nicholls St	Thursday 10:00 – 10:45 am			
 Mindful Moves Level * Gentle movement flows focusing on the mind-body connection. Jodie will lead you through breathing and other mindfulness practices to improve physical and mental well-being.	Jodie Mulder 40 Rabbit St In the common room across the hall from the Community Care Lakefield office *Also available on Zoom	Monday 2:00 – 2:30 pm			
 Bodies in Balance Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Jodie Mulder Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit.	Tuesday & Thursday 10:00 - 10:30 am			
 Walking for Balance Join us for a slower paced walk focusing on improving balance, conditioning, and social interaction. Participants are invited to use walking poles (provided or bring your own), or to bring their own walker if required.	Jodie Mulder	ON WINTER BREAK (For everyone's safety.)			

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Millbrook

For Information Contact (re: weather cancelations, etc.): Community Care Millbrook: **705-932-2011**

CLASS & INSTRUCTOR.





SETTING

DAY & TIME

 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 9:00 – 9:45 am
 Bodies in Balance Level **/*** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom	Wednesday 10:00 – 10:45 am
 Advanced Cardio & Weights Level ***/**** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom	Wednesday 11:00 – 11:45 am
 Zumba Gold Level *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	St. Thomas Anglican Church Hall 16 Centre Street	Friday 10:30 – 11:30 am
 Zumba Gold & Toning Combo Level **/*** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	Jasmine Murray	Millbrook Manor 2 Manor Dr	Friday 11:45 am – 12:45 pm

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Peterborough			
CLASS & INSTRUCTOR	SETTING	DAY & TIME	
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Jodie Mulder	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street Peterborough Come in the main doors to the church office and follow signs to Guild Hall	Tuesday & Thursday 1:00 – 1:45 pm
 Bodies in Balance 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.	Jodie Mulder	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street Peterborough Come in the main doors to the church office and follow signs to Guild Hall	Tuesday & Thursday 2:00 - 2:30 pm
 Bodies in Balance 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.	Jodie Mulder	YMCA Balsillie Family Branch – 123 Aylmer Street South Peterborough, Ontario Phone: (705) 748-9622	Friday 11:00 – 11:30 am
 Falls Prevention 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.	Jodie Mulder	YMCA Balsillie Family Branch – 123 Aylmer Street South Peterborough, Ontario Phone: (705) 748-9622	Friday 11:30 -12:00 pm

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POLE WALKING

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 –Jodie 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:

Mondays:

2:45 – 3:45 pm @ South Water Tower (near the School) Lakefield – *Fitness*

Wednesdays:

3:00 – 4:00 pm @ Trent University Wildlife Sanctuary (801 University Rd, Peterborough) - *Fitness*

Pole Walking for Fitness – *This is a 1-hour class where participants will be walking on potentially unsteady land and walking for fitness.*

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.*

ON WINTER BREAK FOR SAFETY

Please contact Jodie Mulder for more information

jmulder@commcareptbo.org

705-760-2946