


Exercise, Falls Prevention & Wellness Program



IN-PERSON SESSIONS – JUNE 2022

COVID PROTOCOLS IN PLACE. YOU MUST SHOW QR CODE OF 2 COVID-19 VACCINES AT **EVERY** CLASS.

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
 Mindful Moves <div style="text-align: right;">Jodie Mulder</div> Level * Gentle movement flows, breathing and other mindfulness practices to reduce stress and anxiety.	Buckhorn Community Centre 1782 Lakehurst Road Also offered by Zoom	Monday: 1:30 – 2:00 p.m.
 Zumba Gold <div style="text-align: right;">Jasmine Murray</div> Level *** Enjoy great music as you get fit dancing. Chair options available.	Buckhorn Community Centre, West Room 1782 Lakehurst Road	Thursday: 1:30 – 2:30 p.m.






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Chemung/Ennismore

For Information Contact (re: weather cancellations, etc.): Community Care in Ennismore **705-292-8708**

CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Chair Yoga <p style="text-align: right;">Laura Dunford</p> <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	Tuesday: 9:30 -10:30 am
 NEW - Yoga Combo <p style="text-align: right;">Laura Dunford</p> <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	Tuesday: 10:45 - 11:45 am
 Chair Yoga <p style="text-align: right;">Jodie Mulder</p> <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	Thursday: 11:00 - 12:00 pm
 Zumba Gold <p style="text-align: right;">Jasmine Murray</p> <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 <p style="text-align: right;">Jasmine Murray</p> <p>Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutess and core. Bring light hand weights.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore	Friday 9:00 – 10:00 am



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Havelock		
For Information Contact (re: weather cancelations, etc.): Community Care in Havelock: 705-778-7831		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Zumba Gold <div style="text-align: right;">Jasmine Murray</div> Level: *** Fun low-impact cardio dance moves designed for older adults.	Havelock Legion 8 Ottawa Street East, Havelock	Tuesday: 9:30 am – 10:30 am Donations appreciated
 Advanced Cardio & Weights <div style="text-align: right;">Jasmine Murraray</div> 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, Havelock	Tuesday: 10:45 am – 11:45 am Donations appreciated
 Line Dancing <div style="text-align: right;">Marlene Chaplin</div> Level: *** Choreographed dance routines set to fun music.	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 9:30 – 10:30 am Donations appreciated
 Advanced Cardio & Weights <div style="text-align: right;">Shannon Burton</div> 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, Havelock	Wednesday 10:45 – 11:30 am Donations appreciated
 Bodies in Balance <div style="text-align: right;">Shannon Burton</div> Level **/*** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 11:40 am – 12:10 pm Donations appreciated
 Chair Yoga <div style="text-align: right;">Stephanie Bolton</div> Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care Havelock 17 Smith Dr, Havelock	Monday 12:00 pm – 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 <div style="text-align: right;">Shannon Burton</div> <p>Level *** A low impact and vigorous full body workout. Bring your own hand weights.</p>	Norwood Legion 27 King Street, Norwood	Tuesday: 9:00 – 9:45 am Donations Appreciated
 Line Dancing <div style="text-align: right;">Marlene Chaplin</div> <p>Level: *** Marlene Chaplin Coreographed dance routines set to fun music.</p>	Norwood Legion 27 King Street, Norwood	Tuesday 10:00 – 10:45 am Donations Appreciated

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For Information Contact (re: weather cancelations, etc.): Community Care in Lakefield 705-652-8655

Lakefield			
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>		Lakefield Legion 10 Nicholls St	Monday: 9:00 – 10:00 am
 Fitness Fusion <p style="text-align: right;">Jodie Mulder</p> <p>Level *** Fusing strengthening & stretching exercises with balance and stability exercises in one comprehensive class to increase overall fitness and reduce the risk of future falls. Bring your own light hand weights.</p>		Isobel Morris Park 20 Concession St. Lakefield Legion 10 Nicholls St	Tuesday 9:00 am - 10:00 am Thursday 9:00 am - 10:00 am
 Bodies in Balance <p style="text-align: right;">Jodie Mulder</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>		Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit.	Tuesday & Thursday 10:00am-10:30am Starts Tuesday June 7
 Chair Yoga <p style="text-align: right;">Jodie Mulder</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>		Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit.	Monday 2:30-3:00pm Starts Monday June 13
 Pole Walking for Balance		Regency of Lakefield 91 Concession St Meet in Parking lot	Tuesday 11:00 am – 11:30 am







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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 Jodie Mulder 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	Wednesday 9:00 – 9:45 am
 Bodies in Balance Jodie Mulder 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 Also available on Zoom	Wednesday 10:00 – 10:45 am
 Advanced Cardio & Weights Jodie Mulder 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 Also available on Zoom	Wednesday 11:00 – 11:45 am
 Mat Yoga Jodie Mulder Level *** Floor and standing work that focuses on mind-body connection and balance. Bring your own mat.	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 12:00 – 12:45 pm
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.	St. Thomas Anglican Church Hall 16 Centre Street	Friday 10:30 – 11:30 am
 Zumba Gold & Toning Combo Jasmine Murray Level **/** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	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 and balance 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 11:30 -12:00 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 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 Friday 1:00 - 1:30pm
 Bodies in Balance with Equipment Level **/** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling. Equipment used to simulate real world balance challenges.	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	Friday 1:30 - 2:00 pm



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POLE WALKING GROUPS

Pole walking Groups are now in two classifications

Pole Walking for Balance – This is a 30-minute class where Balance is the main focus.

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

Pole walking provides cardiovascular and strength benefits in an outdoor fun social environment. Please check our separate Pole Walking schedule or contact Jodie Mulder for more information.

- Poles are available to borrow or bring your own
- Please not locations may change depending on weather and trail conditions

Jodie Mulder

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