


Exercise, Falls Prevention & Wellness Program

IN-PERSON SESSIONS – November 29 – December 22, 2021





sCOVID PROTOCOLS IN PLACE. YOU MUST SHOW PROOF OF 2 COVID-19 VACCINES.

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: 705-656-4589 Classes on Monday and Wednesday</p>	<p>North Kawartha Community Centre, Banquet Hall 340 McFadden Rd</p>	<p>Monday <u>and</u> Wednesday</p> <p>10:00 – 11:00 a.m.</p> <p>Registration required</p> <p>Last classes Monday, December 20 Wednesday, December 22</p> <p>Resumes Wednesday, January 5 Monday, January 10</p>	

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Buckhorn		For Information Contact (re: weather cancelations, etc.): Community Care in Buckhorn: 705-657-2171	
CLASS & INSTRUCTOR	SETTING	DAY & TIME	
 Pole Walking	Please join us in another location. See details below or contact: Jodie Mulder jmulder@commcareptbo.org 705-760-2946		
 Mindful Moves Level * Gentle movement flows, breathing and other mindfulness practices to reduce stress and anxiety.	Sheila Cook Buckhorn Community Centre 1782 Lakehurst Road Also offered by Zoom	Monday: 1:30 – 2:00 p.m. No registration required Last class December 13 Class resumes January 10	
 Stretch, Strengthen & Balance Level ** Take good care of your body with this gentle class designed to help you gradually enhance strength, flexibility, balance and confidence. Participants will be invited to share their mobility challenges and fitness priorities so that we can focus on these areas.	Sheila Cook Buckhorn Community Centre 1782 Lakehurst Road Also offered by Zoom	Monday: 2:15 – 3:00 p.m. No registration required Last class December 13 Class resumes January 10	
 Zumba Gold Level ** Enjoy great music as you get fit dancing. Chair options available.	Jasmine Murray Buckhorn Community Centre, West Room 1782 Lakehurst Road	Thursday: 1:30 – 2:30 p.m. No registration required Last class December 16 Class resumes January 6	




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Chemung/Ennismore

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

CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Chair Yoga Level * Laura Dunford Gentle stretch, strengthen and balance poses plus breathing exercises to help you feel relaxed.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday: 9:30 -10:15 a.m. Registration required Last class December 21 Class resumes January 4
 NEW - Yoga Combo Level ** Laura Dunford A blend of seated and mat yoga will help your muscles feel long and strong. Bring your own mat.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday: 10:30 -11:30 a.m. Registration required Last class December 21 Class resumes January 4
 Chair Yoga Level * Laura Dunford Gentle stretch, strengthen and balance poses plus breathing exercises to help you feel relaxed.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 10:15 -11:00 a.m. Registration required Last class December 16 Class resumes January 6
 Pole Walking Level: You choose Jodie Mulder Pole walking gives cardio benefits while lessening strain on back, hips and knees. Bring poles or borrow.	*NEW LOCATION* Trent University Sanctuary 801 University Rd, Peterborough For information contact: Jodie Mulder jmulder@commcareptbo.org 705-760-2946	Wednesday: 1:45 – 2:45 p.m. No registration Last class December 22 Class resumes January 5
 Zumba Gold Level: *** Jasmine Murray Fun low-impact cardio dance moves designed for older adults.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday 9:00 – 10:00 a.m. Registration Required Last class December 16 Class resumes January 6
 Zumba Toning Level: ** Jasmine Murray Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutess and core. Bring hand weights 1 – 3 lbs	Community Care in Chemung 549 Ennis Rd, Ennismore	Friday 9:00 – 9:45 a.m. Registration Required Last class December 17 Class resumes January 7



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Havelock		
For Information Contact (re: weather cancelations, etc.): Community Care in Havelock: 705-778-7831		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
Please note – Zumba will not be offered at this time.		
 Advanced Cardio & Weights <p style="text-align: right;">Jodie Mulder</p> <p>Level: **** A great overall workout with low impact cardio and strength training. Bring your own hand weights</p>	Havelock Legion 8 Ottawa Street East, Havelock *NEW LOCATION*	Tuesday: 10:45 a.m.– 11:30 a.m. Donations appreciated No registration Last class December 21 Class resumes January 4
 Gentle Stretch, Strengthen & Balance <p style="text-align: right;">Jodie Mulder</p> <p>Level: ** Take good care of your body with this gentle class designed to help you gradually enhance strength, flexibility, balance and confidence.</p>	Havelock Legion 8 Ottawa Street East, Havelock *NEW LOCATION*	Tuesday: 11:35 a.m. – 12:05 noon Donations appreciated No registration Last class December 21 Class resumes January 4
 Line Dancing is Back! <p>Level: ** Marlene Chaplin</p> <p>Coreographed dance routines set to fun music.</p>	Havelock Legion 8 Ottawa Street East, Havelock *NEW LOCATION*	Wednesday 9:30 – 10:30 a.m. Donations appreciated Registration Required Last class December 22 Class resumes January 5

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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 Level *** Jodie Mulder A low impact and vigorous full body workout. Bring your own light hand weights.	Norwood Legion 27 King Street, Norwood	Tuesday: 9:00 – 9:45 a.m. Registration Required Last class December 21 Class resumes January 4
 Line Dancing Level: ** Marlene Chaplin Coreographed dance routines set to fun music.	Norwood Legion 27 King Street, Norwood	Tuesday 10:00 – 10:45 a.m. Registration Required Last class December 21 Class resumes January 4

Monday classes: Last class December 20







Resume: January 10.

Thursday classes: Last class December 16

Resume: January 6

Lakefield

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

CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Zumba Gold Level *** Jasmine Murray Fun low-impact cardio dance moves designed for older adults.	Lakefield Legion 10 Nicholls St	Monday: 9:00 – 10:00 a.m. Registration Required
 Fun Fusion Level *** Jodie Mulder A standing and seated exercise class that targets legs, arms and core, while building cardio fitness. Bring your own light hand weights.	Lakefield Legion 10 Nicholls St	Monday: 10:15 – 11:00 a.m.
 NEW - Yoga Combo Level ** Jodie Mulder A blend of standing and mat yoga will help your muscles feel long and strong. Bring your own mat and blanket/towel. Seated options available for those who are uncomfortable getting down on a mat.	Lakefield Legion 10 Nicholls St	Monday: 11:15 a.m. - 12:00 noon
 Pole Walking* Level: you choose Jodie Mulder Pole walking gives cardio benefits while lessening strain on back, hips & knees. Bring poles or borrow.	Skating Oval Trails /Lakefield Water Tower 3358 Lakefield Rd jmulder@commcareptbo.org	Monday: 1:00 – 2:00 p.m. Also see pole walking in Peterborough & Ennismore
 Fun Fusion Level *** Jodie Mulder A fun class that is a variety pack of different types of exercise. A selection of low impact cardio, strength, toning, flexibility and balance.	Lakefield Legion 10 Nicholls St	Thursday: 9:00 – 9:45 a.m.
 Stretch, Strengthen, Tone & Balance Level ** Jodie Mulder Take good care of your body with this gentle class designed to help you gradually enhance strength, flexibility, balance and confidence. Enjoy lots off friendly chatter.	Lakefield Legion 10 Nicholls St	Thursday: 10:00 – 10:45 a.m.

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IN-PERSON SESSIONS: November 26 – December 22, 2021

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Millbrook

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

CLASS & INSTRUCTOR







SETTING

DAY & TIME

You must pre-register because we have a space limitation of 12 people. Please contact jmulder@commcareptbo.org or 705-760-2946 Thank-you!

Wednesday Classes: Last class December 22. Class resumes January 5




Friday Classes: Last class December 17. Class resumes January 7

 Advanced Cardio & Weights Level **** A low impact and vigorous full body workout. Bring your own light hand weights.	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 9:00 – 9:45 a.m.
 Mat Yoga Level *** Practice your favourite yoga poses on a mat. Bring your own mat.	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 10:00 – 10:45 a.m.
 Chair Yoga Level ** Gentle stretch, strengthen and balance poses plus breathing exercises to help you feel relaxed.	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 11:00 – 11:45 a.m.
 Fun Fusion Level *** A standing exercise class that targets legs, arms and core, while building cardio fitness.	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 12:00 – 12:45 p.m.
 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 – 11:15 a.m.
 Chair Zumba Level ** Enjoy great music as you get fit dancing in a chair.	Jasmine Murray	St. Thomas Anglican Church Hall 16 Centre Street	Friday 11:30 a.m. – 12:15 noon

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Peterborough CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Walking Group Level: You choose. Warm-ups followed by a group walk and cool down stretches.	Jodie Mulder Jackson Creek Trail Jackson Park Main Entrance – Monaghan Road Entrance. 610 Parkhill Road *NEW LOCATION Contact: jmulder@commcareptbo.org 705-760-2946	Friday 11:00 a.m. – 12:00 noon Last class December 16 Class resumes January 6
 Chair Yoga Level * Gentle stretch, strengthen and balance poses plus breathing exercises to help you feel relaxed.	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 and Friday 1:15 p.m. – 2:00 p.m. *NEW START TIME Last class December 21 Classes resume January 4
 Afternoon Energizer Level *** Perk up your afternoon with a fun blend of exercises.	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 and Friday 2:00 p.m. – 2:45 p.m. Last class December 21 Classes resume January 4