





## Exercise, Falls Prevention & Wellness Program

IN-PERSON SESSIONS – November 1 - 26, 2021





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

<b>Apsley</b>		For Information Contact (re: weather cancelations, etc.): Community Care in Apsley <span style="background-color: white; color: black; padding: 2px;"> </span>	
CLASS & INSTRUCTOR	SETTING	DAY & TIME	
 <b>Zumba</b> <div style="text-align: right;">Jodie Mulder</div> <p>Fun low-impact cardio dance moves that also improve coordination and balance. Special focus on toning. Level: ***</p>	<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Road, Apsley	Monday 9:15 – 10:10 a.m.  \$1 donation requested	
 <b>Chair Yoga</b> <div style="text-align: right;">Jodie Mulder</div> <p>Gentle stretch, strengthen and balance poses plus breathing exercises to help you feel relaxed and limber. Level: **</p>	<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Road, Apsley	Monday 10:15 – 11:00 a.m.  \$1 donation requested	
 <b>Walking Group</b> <div style="text-align: right;">Jodie Mulder</div> <p>Have fun building your cardio strength and endurance while walking with other folks. Optional: Bring your own poles. Level: You chose</p>	<b>North Kawartha Community Centre, Parking Lot</b> 340 McFadden Road, Apsley	Monday 11:15 a.m. – 12:00 p.m.	
 <b>Exercise and Falls Prevention Class</b> <div style="text-align: right;">Mark Best</div> <p>Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance</p>	<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Rd	Wednesday 10:00 – 11:00 a.m.	

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<b>Buckhorn</b>		For Information Contact (re: weather cancelations, etc.): Community Care in Buckhorn: <b>705-657-2171</b>	
CLASS & INSTRUCTOR	SETTING	DAY & TIME	
 <b>Pole Walking</b>  	Please join us in another location. You might also be interested in the new Circuit Training classes. See details below or contact: Jodie Mulder <a href="mailto:jmulder@commcareptbo.org">jmulder@commcareptbo.org</a> 705-760-2946		
 <b>Mindful Moves</b>  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.	
 <b>Stretch, Strengthen &amp; Balance</b>  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.	
 <b>Zumba Gold</b>  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.	

## Chemung/Ennismore

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





CLASS & INSTRUCTOR	SETTING	DAY & TIME
 <b>Chair Yoga</b> Level * <span style="float: right;">Laura Dunford</span> 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.
 <b>NEW - Yoga Combo</b> Level ** <span style="float: right;">Laura Dunford</span> 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.
 <b>Chair Yoga</b> Level * <span style="float: right;">Laura Dunford/ Sheila Cook</span> 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.
 <b>Pole Walking</b> <span style="float: right;">Jodie Mulder</span> Level: You choose Pole walking gives cardio benefits while lessening strain on back, hips and knees. Bring poles or borrow.	BEL Rotary Trail, Brumwell St. entrance, Bridgenorth  For information contact: Jodie Mulder <a href="mailto:jmulder@commcareptbo.org">jmulder@commcareptbo.org</a> 705-760-2946	Wednesday: 1:45 – 2:45 p.m.  Also see pole walking in Peterborough & Ennismore
 <b>Zumba Gold</b> Level: *** <span style="float: right;">Jasmine Murray</span> 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
 <b>Zumba Toning</b> Level: ** <span style="float: right;">Jasmine Murray</span> Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutess and core.	Community Care in Chemung 549 Ennis Rd, Ennismore	Friday 9:00 – 9:45 a.m. Registration Required Bring hand weights 1 – 3 lbs
 <b>Circuit Training</b> <span style="float: right;">Jodie Mulder</span> Level: *** Super for overall fitness. Bursts of walking, strength, core and flexibility exercises.	Outdoors – Ennismore Community Centre 553 Ennis Rd  Meet behind the Community Centre/Arena	Friday: 10:30 – 11:15 a.m.



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 Free classes for everyone 55 years +. Start anytime.








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<b>Havelock &amp; Norwood</b>		For Information Contact (re: weather cancelations, etc.): Community Care in Havelock: <b>705-778-7831</b> Community Care in Norwood: <b>705-639-5631</b>	
CLASS & INSTRUCTOR	SETTING	DAY & TIME	
 <b>Zumba Gold</b> <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 *NEW LOCATION*	Tuesday: 9:30 – 10:30 a.m. Donations appreciated	
 <b>Advanced Fitness &amp; Weights</b> <div style="text-align: right;">Jodie Mulder</div> Level: *** A great overall workout with low impact cardio and strength training. Bring your own hand weights	Havelock Legion 8 Ottawa Street East, Havelock *NEW LOCATION*	Tuesday: 10:45 a.m.– 11:30 a.m. Donations appreciated	
 <b>Gentle Stretch, Strengthen &amp; Balance</b> <div style="text-align: right;">Jodie Mulder</div> Level: ** Take good care of your body with this gentle class designed to help you gradually enhance strength, flexibility, balance and confidence.	Havelock Legion 8 Ottawa Street East, Havelock *NEW LOCATION*	Tuesday: 11:30 a.m. – 12:00 noon Donations appreciated	
 <b>Line Dancing is Back!</b> Level: **                      Marlene Chaplin Coreographed dance routines set to fun music.	Havelock Legion 8 Ottawa Street East, Havelock *NEW LOCATION*	Wednesday 9:30 – 10:30 a.m. Donations appreciated	

We continue to search for indoor space in Norwood. Please stay tuned.

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Lakefield			For Information Contact (re: weather cancelations, etc.): Community Care in Havelock: <b>705-652-8655</b>		
CLASS & INSTRUCTOR	SETTING	DAY & TIME			
 <b>Zumba Gold</b> Level *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	Isabel Morris Park 20 Concession St	Monday:	9:00 – 10:00 a.m.	
 <b>Fun Fusion</b> Level *** A standing and seated exercise class that targets legs, arms and core, while building cardio fitness. Bring your own light hand weights.	Sheila Cook	Lakefield Legion 10 Nicholls St	Monday:	10:15 – 11:00 a.m.	
 <b>NEW - Yoga Combo</b> Level ** 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.	Sheila Cook	Lakefield Legion 10 Nicholls St	Monday:	11:15 a.m. - 12:00 noon	
 <b>Pole Walking*</b> Level: you choose Pole walking gives cardio benefits while lessening strain on back, hips & knees. Bring poles or borrow.	Jodie Mulder	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	
 <b>Fun Fusion</b> Level *** A standing and seated exercise class that targets legs, arms and core, while building cardio fitness. Bring your own light hand weights.	Jodie Mulder	Lakefield Legion 10 Nicholls St	Thursday:	9:00 – 9:45 a.m.	
 <b>Stretch, Strengthen &amp; Balance</b> 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.	Jodie Mulder	Lakefield Legion 10 Nicholls St	Thursday:	10:00 – 10:45 a.m.	
 <b>Circuit Training</b> Level: *** Super for overall fitness. Bursts of walking, strength, core and flexibility exercises.	Jodie Mulder	Outdoors – Isabel Morris Park 20 Concession St., Lakefield  Meet by the Pavilion	Friday:	9:00 – 10:00 a.m.	

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### Millbrook

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







CLASS & INSTRUCTOR

SETTING

DAY & TIME

We're thrilled that the Church has opened the Hall to us so we can offer classes indoors. You must pre-register because we have a space limitation of 12 people. Please contact Jodie to reserve your place for November. Thank-you!




[jmulder@commcareptbo.org](mailto:jmulder@commcareptbo.org) or 705-760-2946

 <p><b>Advanced Cardio &amp; Weights</b> Level **** A low impact and vigorous full body workout. Bring your own light hand weights.</p>	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 9:00 – 9:45 a.m.
 <p><b>Mat Yoga</b> Level *** Practice your favourite yoga poses on a mat. Bring your own mat.</p>	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 10:00 – 10:45 a.m.
 <p><b>Chair Yoga</b> Level ** Gentle stretch, strengthen and balance poses plus breathing exercises to help you feel relaxed.</p>	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 11:00 – 11:45 a.m.
 <p><b>Fun Fusion</b> Level *** A standing exercise class that targets legs, arms and core, while building cardio fitness.</p>	Jodie Mulder	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday 12:00 – 12:45 p.m.
 <p><b>Zumba Gold</b> Level *** Fun low-impact cardio dance moves designed for older adults.</p>	Jasmine Murray	St. Thomas Anglican Church PARKING LOT - OUTDOORS 16 Centre Street Plan to move indoors to Church Hall October 15	Friday 10:30 – 11:15 a.m.  *NEW TIME*
 <p><b>Chair Zumba</b> Level ** Enjoy great music as you get fit dancing in a chair.</p>	Jasmine Murray	Millbrook Manor Gazebo 2 Manor Drive (for residents only) Plan to move indoors to Church Hall October 15	Friday 11:30 a.m. – 12:15 noon  *NEW TIME*

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<b>Peterborough</b>			
CLASS & INSTRUCTOR		SETTING	DAY & TIME
 <p><b>Walking Group</b></p> <p>Level: You choose. Warm-ups followed by a group walk and cool down stretches.</p>	Jodie Mulder	Riverview Park & Zoo Parking Lot Near 1300 Water Street Peterborough  Contact: <a href="mailto:jmulder@commcareptbo.org">jmulder@commcareptbo.org</a> 705-760-2946	Thursday 11:15 a.m. – 12:15 p.m.
 <p><b>Chair Yoga</b></p> <p>Level * Gentle stretch, strengthen and balance poses plus breathing exercises to help you feel relaxed.</p>	Jodie Mulder	St. John the Evangelist Anglican Church Hall 99 Brock Street Peterborough  Come in the main doors to the church and Jodie will show you to the hall.	Tuesday, Thursday and Friday 1:00 p.m. – 1:45 p.m.
 <p><b>Afternoon Energizer</b></p> <p>Level *** Perk up your afternoon with a fun blend of exercises.</p>	Jodie Mulder	St. John the Evangelist Anglican Church Hall 99 Brock Street Peterborough  Come in the main doors to the church and Jodie will show you to the hall.	Tuesday, Thursday and Friday 2:00 p.m. – 2:45 p.m.