



Exercise, Falls Prevention & Wellness Program

Retirement Home Classes – May 2023



**Individuals from the public/non-residents of the retirement homes are welcome to attend any of the below classes provided they follow the safety protocols in place by the building they are attending.*

Canterbury Gardens		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 <p>Fun & Fitness Seated Exercise</p> <p>Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.</p>	<p>Canterbury Gardens Atrium 1414 Sherbrooke St, Peterborough</p> <p>*Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the atrium which is just inside the main doors.</p>	<p>Monday, Thursday & Friday</p> <p>10:00 – 10:30 am</p> <p>No Class Mon May 22</p>
 <p>Falls Prevention</p> <p>Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling</p>	<p>Canterbury Gardens Atrium 1414 Sherbrooke St, Peterborough</p> <p>*Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the atrium which is just inside the main doors.</p>	<p>Monday</p> <p>10:35 – 11:05am</p> <p>No Class Mon May 22</p>

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Empress Gardens		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Fun & Fitness Seated Exercise Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	Empress Gardens Chapel (3rd floor) 131 Charlotte St, Peterborough *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the chapel on 3 rd floor. From the main entrance take the elevator to the 3 rd floor, chapel is straight ahead to the right. (Across from the laundry.)	Tuesday & Friday: 9:00 – 9:30 am
 Falls Prevention Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Empress Gardens Wellness Centre(3rd floor) 131 Charlotte St, Peterborough *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the wellness centre on the 3 rd floor. From the main entrance take the elevator to the 3 rd floor. Turn right immediately out of the elevator, the wellness centre is down the hall on the left.	Wednesday: 10:15 – 10:45 am

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Princess Gardens		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Fun & Fitness Seated Exercise Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	Princess Gardens Atrium (2nd Floor) 100 Charlotte St, Peterborough *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the atrium on the 2nd floor. From the main entrance take the elevator to the 2nd floor. Turn left immediately out of the elevator, the atrium is just through the doorway.	Tuesday & Friday: 10:00 – 10:30 am No Class Tues May 9
 Falls Prevention Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Princess Gardens Atrium (2nd Floor) 100 Charlotte St, Peterborough *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the atrium on the 2nd floor. From the main entrance take the elevator to the 2nd floor. Turn left immediately out of the elevator, the atrium is just through the doorway.	Friday: 10:45 – 11:15 am

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The Regency of Lakefield		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Falls Prevention Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	The Regency – Main Floor 91 Concession St, Lakefield *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the common/coffee room on the main floor. From the main entrance follow the walkway ahead of you to the right.	Tuesday & Thursday: 10:15 – 10:45 am
Pole 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.	The Regency- Parking Lot 91 Concession St, Lakefield Meet in the parking lot near the main entrance.	Tuesday 11:00 - 11:30 am

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Royal Gardens		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Fun & Fitness Seated Exercise Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	Royal Gardens – Atrium 1160 Clonsilla Ave, Peterborough *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the atrium. From the main doors go straight ahead and turn right. The atrium is through the doorway. (Directly across from the elevators.)	Monday, Thursday & Friday: 9:00 – 9:30 am No Class Monday May 22
 Falls Prevention Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Royal Gardens – Fitness Centre 1160 Clonsilla Ave, Peterborough *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the atrium. From the main doors go straight ahead until you reach the elevators. Take the elevator to the basement. From the elevator follow the hallway to the right, the fitness centre is the 2 nd doorway on the left AFTER turning the corner.	Friday: 1:30 - 2:00 pm