








Exercise, Falls Prevention & Wellness Program








IN-PERSON SESSIONS – September 7 to October 1, 2021 - Phase A

COVID PROTOCOLS IN PLACE. YOU MUST WEAR A MASK UNTIL YOU'RE IN YOUR DESIGNATED EXERCISE SPACE.

LOCATION	CLASS & INSTRUCTOR	SETTING	DAY & TIME	FOR INFORMATION RE: WEATHER CANCELATIONS AND DIRECTIONS, ETC.
Apsley Start September 13	 Zumba <i>Jodie Mulder</i>	Apsley Lion's Park - Pavilion 335 McFadden Road Park in designated spaces	Monday 9:15 – 10:00 a.m. Start: September 13	Contact: Community Care in Apsley Phone: 705-656-4589
	 Chair Yoga <i>Jodie Mulder</i>	Apsley Lion's Park - Pavilion 335 McFadden Road Park in designated spaces	Monday 10:15 – 11:00 a.m. Start: September 13	Contact: Community Care in Apsley Phone: 705-656-4589
	Walking Group <i>Jodie Mulder</i> <i>Optional: Bring your own poles</i>	Apsley Lion's Park - Pavilion 335 McFadden Road Park in designated spaces	Monday 11:15 – 12:00 p.m. Start: September 13	Contact: Community Care in Apsley Phone: 705-656-4589
Buckhorn	 Pole Walking <i>Michelle Holdforth</i>	Selwyn Beach Conservation Area, 2251 Birch Island Rd, Lakefield	Thursday 2:00 – 3:00 p.m. Start: September 9	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770
	 Mindful Moves <i>Sheila Cook</i>	Buckhorn Community Centre	Monday 1:30 – 2:00 p.m. Start: September 13	Contact: Sheila Cook Email: scook@commcareptbo.org Phone: 705-657-8416
Chemung/Ennismore	 Chair Yoga* <i>Laura Dunford</i>	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday: 9:30 – 10:30 a.m. Starts: September 7 Thursday: 10:15- 11:15 a.m. Start: September 9	Contact: Community Care in Chemung Phone: 705-292-8708
	 Pole Walking* <i>Michelle Holdforth</i>	BEL Rotary Trail, Brumwell entrance, Bridgenorth	Wednesday 9:30 – 10:30 a.m. Start: September 8	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770

	 Zumba Gold <i>Jasmine Murray</i>	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday 9:00 – 10:00 a.m. Start: September 9	Contact: Community Care in Chemung Phone: 705-292-8708
Havelock	 Zumba Gold <i>Jasmine Murray</i>	Rotary Park 25 Industrial Drive	Tuesday 9:00 – 10:00 a.m. Start: September 7	Contact: Community Care in Havelock Phone: 705-778-7831
We hope to have more classes to offer in Havelock. Stay tuned.				
We hope to have classes starting in Norwood. Stay posted.				
Lakefield	 Zumba Gold <i>Jasmine Murray</i>	Isabel Morris Park 20 Concession St	Monday 9:00 – 10:00 a.m. Start: September 13	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Morning Energizer Exercise <i>Michelle Holdforth</i>	Isabel Morris Park 20 Concession St Bring a sturdy chair & a towel	Monday 10:30 – 11:30 a.m. Start: September 13	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Exercise in Park <i>Jodie Mulder</i>	Isabel Morris Park 20 Concession St	Tuesday and Friday 9:00 – 10:00 a.m. Start: September 7	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Morning Energizer Exercise <i>Jodie Mulder</i>	Isabel Morris Park 20 Concession St	Thursday 9:00 – 9:45 a.m. Start: September 9	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Gentle Morning Wake-Up <i>Jodie Mulder</i>	Isabel Morris Park 20 Concession St Bring a sturdy chair & a towel	Thursday 10:00 – 10:45 a.m. Start: September 9	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Pole Walking* <i>Michelle Holdforth</i>	Skating Oval Trails 2 Queen Street, Lakefield Selwyn Beach Conservation Area, 2251 Birch Island Rd, Lakefield	Monday 12:30 – 1:30 p.m. Start: September 13 Thursday 2:00 – 3:00 p.m. Start: September 9	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770

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

Millbrook	 Advanced Cardio & Weights <i>Jodie Mulder</i>	St. Thomas Anglican Church HALL 16 Centre Street	Wednesday 9:00 – 9:45 a.m. Start: September 8	Contact: Jodie Mulder jmulder@commcareptbo.org 705-760-2946
	 Mat Yoga <i>Jodie Mulder</i>	St. Thomas Anglican Church HALL 16 Centre Street	Wednesday 10:00 – 10:45 a.m. Start: September 8	Contact: Jodie Mulder jmulder@commcareptbo.org 705-760-2946
	 Chair Yoga <i>Jodie Mulder</i>	St. Thomas Anglican Church HALL 16 Centre Street	Wednesday 11:00 – 11:45 a.m. Start: September 8	Contact: Jodie Mulder jmulder@commcareptbo.org 705-760-2946
	 Fun Fusion <i>Jodie Mulder</i>	St. Thomas Anglican Church HALL 16 Centre Street	Wednesday 12:00 – 12:45 p.m. Start: September 8	Contact: Jodie Mulder jmulder@commcareptbo.org 705-760-2946
	 Zumba Gold <i>Jasmine Murray</i>	St. Thomas Anglican Church PARKING LOT - OUTDOORS 16 Centre Street	Friday 9:30 – 10:30 a.m.	Contact: Community Care in Millbrook Phone: 705-932- 2011
	 Chair Zumba <i>Jasmine Murray</i>	Millbrook Manor Gazebo 2 Manor Drive	Friday 11:00 – 11:45 a.m.	Contact: Community Care in Millbrook Phone: 705-932- 2011
Peterborough	 Walking Group <i>Tara Carpino</i>	Jackson Creek Kiwanis Trail 610 Parkhill Road West	Wednesday and Friday 10:00 – 11:00 a.m. Start: September 8	Contact: Tara Carpino Email: tara.carpino@gmail.com Phone: 647 891 3569 OR scook@commcareptbo.org
We hope to have classes in Peterborough soon. Please keep your eyes open for updates				

IMPORTANT NOTES:

- You must follow all new COVID-19 protocols. Bring your own pen. Wear a mask when closer than 3 meters/9 feet.
- Please be sun smart – wear a hat, apply sunscreen, and bring a water bottle. For walking groups – bring insect spray. Dress for the weather.