




SCHEDULE IN-PERSON SESSIONS
 Free classes for everyone 55 years +. Start anytime.



Exercise, Falls Prevention & Wellness Program

December 2024

APSLEY For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Exercise and Falls Prevention Class Mark Best Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance. Register: Contact Mark #705-656-2589		North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.	Monday and Wednesday: 10:00 – 11:00 am <b style="color: red;">Class Cancelled: <b style="color: red;">Dec 23rd, 25th, 30th, & Jan 1st






To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)

BUCKHORN For Information (re: weather cancellations, etc.) Contact: Community Care in Buckhorn #705-657-2171


CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Balance 101 Michelle Holdforth</p> <p>Level ** Do you feel your balance isn't what it used to be? This class will include exercises to help improve balance, and strengthen the systems and muscles of the body that effect it. Stay for Exercise 101 right after for a well rounded workout! Bring Your own hand weights.</p>	<p>Buckhorn Community Centre 1782 Lakehurst Road</p> <p>Krista covering Dec 9th</p>	<p>Monday: 12:30 – 1:00 pm</p> <p>Classes Cancelled: Dec 23rd & 30th</p>
<p> Exercise 101 Michelle Holdforth</p> <p>Level ** A chair based class that covers the basic components of fitness: strengthening, stretching, and conditioning geared to older adults. Pair it with Balance 101 for best results! Bring your own hand weights.</p>	<p>Buckhorn Community Centre 1782 Lakehurst Road</p> <p>Krista covering Dec 9th</p>	<p>Monday: 1:00 – 1:30 pm</p> <p>Classes Cancelled: Dec 23rd & 30th</p>

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






CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <p>Bodies in Balance Julie Humphries</p> <p>Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Tuesday 10:15 – 10:45 am</p> <p>Class Cancelled: Dec 24th & 31st</p>
 <p>Chair Yoga Julie Humphries</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Tuesday: 11:00 am – 12:00 pm</p> <p>Class Cancelled: Dec 24th & 31st</p>
 <p>Zumba Gold Jasmine Murray</p> <p>Level: *** Fun low-impact cardio dance moves designed for older adults.</p>	<p>Ennismore Heritage Art Space Centre 553 Ennis Rd, Ennismore **NEW**</p> <p>Donations encouraged</p>	<p>Thursday: 9:00 – 10:00 am</p> <p>Class Cancelled: Dec 26th & Jan 2nd</p>
 <p>Chair Yoga Dance Julie Humphries</p> <p>Level ** Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Thursday: 10:15 - 11:15 am</p> <p>Class Cancelled: Dec 26th & Jan 2nd</p>
 <p>Chair Yoga Julie Humphries</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	<p>Community Care in Chemung 549 Ennis Rd, Ennismore</p>	<p>Thursday: 11:30 am - 12:30 pm</p> <p>Class Cancelled: Dec 26th & Jan 2nd</p>

CHEMUNG/ENNISMORE Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Zumba Toning Jasmine Murray</p> <p>Level: **/****</p> <p>Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.</p>	<p>Ennismore Heritage Art Space Centre 553 Ennis Rd, Ennismore **NEW**</p> <p>Donations encouraged</p>	<p>Friday: 9:00 – 10:00 am</p> <p>Class Cancelled: Dec 27th & Jan 3rd</p>

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HAVELOCK For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Chair Yoga Stephanie Bolton Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care Havelock 17 Smith Drive	Monday 12:00 – 1:00 pm Class Cancelled: Dec 23 rd & 30 th
 Zumba Gold Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.	Havelock Legion 8 Ottawa Street East Donations appreciated	Tuesday: 9:30 – 10:30 am Class Cancelled: Dec 17 th , 24 th & 31 st
 Advanced Weights & Cardio Jasmine Murray 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 Donations appreciated	Tuesday: 10:45 – 11:45 am Class Cancelled: Dec 17 th , 24 th & 31 st
 Line Dancing Marlene Chaplin Level: *** Choreographed dance routines set to fun music.	Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 9:30 – 10:30 am Class Cancelled: Dec 25 th & Jan 1 st
 Advanced Weights & Cardio Krista Skutovich 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 Donations appreciated	Wednesday: 10:45 – 11:30 am Class Cancelled: Dec 25 th & Jan 1 st

HAVELOCK Continued

CLASS & INSTRUCTOR



Bodies in Balance

Krista Skutovich

Level **/**

Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.

LOCATION

Havelock Legion
8 Ottawa Street East

Donations appreciated

DAY & TIME



Wednesday:
11:40 am – 12:10 pm

Class Cancelled:
Dec 25th & Jan 1st

**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at
#705-775-3083 ext#337(EFP)**

NORWOOD




For Information (re: weather cancellations, etc.) Contact: Community Care in Norwood # 705-639-5631

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Circuit Training Krista Skutovich Level *** A low impact full body workout. Bring your own hand weights.	Norwood Legion 27 King Street Donations appreciated	Tuesday: 9:00 – 9:45 am Class Cancelled: Dec 17 th , 24 th & 31 st
 Line Dancing Marlene Chaplin Level: *** Coreographed dance routines set to fun music.	Norwood Legion 27 King Street Donations appreciated	Tuesday: 10:00 – 11:00 am Class Cancelled: Dec 17 th , 24 th & 31 st

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LAKEFIELD


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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Zumba Gold Jasmine Murray</p> <p>Level *** Fun low-impact cardio dance moves designed for older adults.</p>	<p>Lakefield Legion 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Monday: 9:00 – 10:00 am</p> <p>Class Cancelled: Dec 23rd & 30th</p>
<p> Cardio & Weights Krista Skutovich</p> <p>Level *** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.</p>	<p>Lakefield Legion 10 Nicholls St</p> <p>Donations appreciated</p>	<p>Thursday: 9:00 – 9:45 am</p> <p>Class Cancelled: Dec 26th & Jan 2nd</p>
<p> Bodies in Balance Wed – Rachel Jenkins Thurs – Krista Skutovich</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>	<p>Regency of Lakefield 91 Concession St</p> <p>*Check in with Front Desk. Be prepared to be COVID screened each visit.</p>	<p>Wednesday: 11:15 – 11:45 am</p> <p>Thursday: 10:00 - 10:30 am</p> <p>Class Cancelled: Dec 25th, 26th, Jan 1st & Jan 2nd</p>






DOURO-DUMMER

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


CLASS & INSTRUCTOR**LOCATION****DAY & TIME**

 Gentle Chair Strech Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Steph Bolton	Douro Community Centre - Harvest Room 2893 Hwy 28 and County Rd. 4	Friday: 1:00 – 2:00 pm Class Cancelled: Dec 20th, 27th & Jan 3rd
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To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)

MILLBROOK		For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011	
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Mat Stretch and Strengthen Patti Dell'Osso Level *** Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.		St. Thomas Anglican Church Hall 16 Centre Street	Tuesday: 12:00 – 12:45 pm Class Cancelled: Dec 17 th , 24 th , & 31 st
 Gentle Chair Stretch Patti Dell'Osso 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 Class Cancelled: Dec 11 th , 25 th & Jan 1 st
 Bodies in Balance Patti Dell'Osso 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 Class Cancelled: Dec 11 th , 25 th & Jan 1 st
 Advanced Cardio & Weights Patti Dell'Osso 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	Wednesday: 11:00 – 11:45 am Class Cancelled: Dec 11 th , 25 th & Jan 1 st
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.		Cavan Monaghan Community Centre (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am Class Cancelled: Dec 27 th & Jan 3 rd

MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Zumba Gold & Toning Combo Jasmine Murray</p> <p>Level **/** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.</p>	<p>Millbrook Manor 2 Manor Drive</p>	<p>Friday: 11:45 am – 12:45 pm</p> <p>Class Cancelled: Dec 27th & Jan 3rd</p>

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PETERBOROUGH

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Chair Yoga Dance Julie Humphries Level */** Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance.	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday: 1:00 – 2:00 pm Class Cancelled: Dec 24th & 31st
 Gentle Chair Stretch Krista Skutovich Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:00 – 1:45 pm Class Cancelled: Dec 5th, Dec 26th, Jan 2nd
 Bodies in Balance Krista Skutovich Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:50 – 2:20 pm Class Cancelled: Dec 5th, Dec 26th, Jan 2nd
 Bodies in Balance & Falls Prevention Shannon Burton Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling.	YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 am – 12:00 pm Class Cancelled: Dec 27th & Jan 3rd

POLE WALKING

Michelle Holdforth is leading the pole walking group once per week. The location and schedule may change due to weather conditions. If in doubt, please call the class cancellation hotline for updates. 705-775-3083 ext#337(EFP)

Pole walking provides cardiovascular and strength benefits in an outdoor, fun, social environment.

- Poles are available to borrow or bring your own
- Please note location may change, or class may be cancelled depending on weather and trail conditions – Michelle will contact you in these cases or call the EFP Cancellation Hotline #705-775-3083 EXT# 337(EFP) - If possible, let Michelle know you plan to attend ahead of time to allow for this.

Pole Walking Schedule:

Pole Walking for Fitness - A 1-hour class where participants will be walking on potentially unsteady land and walking for fitness.

December Location – BEL Rotary Bridgenorth Trail -meet in Bridgenorth parking area off Brumwell

Address: [See Trail Map Here](#)

Tuesday 2:30 – 3:30 pm (weather dependent) **No Pole Walking Dec 24th & Dec 31st**

Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors!

Please contact Michelle Holdforth for more information

Yogasouls101@gmail.com

Updated November 26, 2024 by S. Burton