


## SCHEDULE IN-PERSON SESSIONS

Classes for everyone 55 years +. Start anytime.



Exercise, Falls Prevention & Wellness Program

December 2025

| APSLEY  |   |   | For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589 |
|---|---|---|--|
| CLASS & INSTRUCTOR  | LOCATION  | DAY & TIME                                    |  |
|  <b>Exercise and Falls Prevention Class</b> Sue Thwaites (Interim)<br><br>Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance. | <b>North Kawartha Community Centre, Banquet Hall</b><br>340 McFadden Rd.<br><br><i>Last class before Holiday Break:<br/>Dec 17<sup>th</sup></i> | Mondays & Wednesdays:<br><br>10:00 – 11:00 am |  |






**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                  |
|---|---|-----------------------------|
|  <b>Balance 101</b> Michelle Holdforth<br><br><b>Level **</b><br>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. | <b>Buckhorn Community Centre</b><br>1782 Lakehurst Road<br><br><i>Last class before Holiday Break: Dec. 15<sup>th</sup></i> | Monday:<br>12:00 – 12:30 pm |
|  <b>Exercise 101</b> Michelle Holdforth<br><br><b>Level **</b><br>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.   | <b>Buckhorn Community Centre</b><br>1782 Lakehurst Road<br><br><i>Last class before Holiday Break: Dec. 15<sup>th</sup></i> | Monday:<br>12:30 – 1:00 pm  |

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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  |
|---|---|---|
|  <b>Bodies in Balance</b><br><b>Level **/**</b><br>Julie Humphries<br>Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.                         | <b>Ennismore Curling Club</b><br>555 Ennis Rd, Ennismore<br><i>Last class before break Dec 16<sup>th</sup></i>    | Tuesday<br>10:15 – 10:45 am<br><b>No Class Dec 2<sup>nd</sup></b>     |
|  <b>Chair Yoga</b><br><b>Level *</b><br>Julie Humphries<br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.  | <b>Ennismore Curling Club</b><br>555 Ennis Rd, Ennismore<br><i>Last class before break Dec 16<sup>th</sup></i>    | Tuesday:<br>11:00 am – 12:00 pm<br><b>No Class Dec 2<sup>nd</sup></b> |
|  <b>Zumba Gold</b><br><b>Level: ***</b><br>Jasmine Murray<br>Fun low-impact cardio dance moves designed for older adults   | <b>Ennismore Curling Club</b><br>555 Ennis Rd, Ennismore<br><i>Last class before break Dec 18<sup>th</sup></i>    | Thursday:<br>9:00 – 10:00 am  |
|  <b>Chair Yoga Dance</b><br><b>Level **</b><br>Julie Humphries<br>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. | <b>Community Care in Chemung</b><br>549 Ennis Rd, Ennismore<br><i>Last class before break Dec 18<sup>th</sup></i> | Thursday:<br>10:15 - 11:15 am   |
|  <b>Zumba Toning</b><br><b>Level: **/**</b><br>Jasmine Murray<br>Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.   | <b>Ennismore Curling Club</b><br>555 Ennis Rd, Ennismore<br><i>Last class before break Dec 19<sup>th</sup></i>    | Friday:<br>9:00 – 10:00 am<br><b>No Class Dec 5<sup>th</sup></b>      |



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| <b>HAVELOCK</b>   |                  | For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831        |                                |
|---|------------------|--|--------------------------------|
| <b>CLASS &amp; INSTRUCTOR</b>   |                  | <b>LOCATION</b>  | <b>DAY &amp; TIME</b>          |
|  <b>Chair Yoga</b><br><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.   | Stephanie Bolton | <b>Community Care Havelock</b><br>17 Smith Drive<br><br><i>Last class before break Dec 15<sup>th</sup></i> | Monday<br>12:00 – 1:00 pm      |
|   |                  |  |                                |
|  <b>Zumba Gold</b><br><br><b>Level: ***</b><br>Fun low-impact cardio dance moves designed for older adults.  | Jasmine Murray   | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br><i>Last class before break Dec 16<sup>th</sup></i>   | Tuesday:<br>9:30 – 10:30 am    |
|   |                  |  |                                |
|  <b>Advanced Weights &amp; Cardio</b><br><br><b>Level: ***/****</b><br>Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.  | Jasmine Murray   | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br><i>Last class before break Dec 16<sup>th</sup></i>   | Tuesday:<br>10:45 – 11:45 am   |
|   |                  |  |                                |
|  <b>Line Dancing</b><br><br><b>Level: ***</b><br>Choreographed dance routines set to fun music.  | Lorraine Day     | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br><i>Last class before break Dec 17<sup>th</sup></i>   | Wednesday:<br>9:30 – 10:30 am  |
|   |                  |  |                                |
|  <b>Advanced Weights &amp; Cardio</b><br><br><b>Level ***/****</b><br>Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights. | Shannon Burton   | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br><i>Last class before break Dec 17<sup>th</sup></i>   | Wednesday:<br>10:45 – 11:30 am |
|   |                  |  |                                |

## HAVELOCK Continued

| CLASS & INSTRUCTOR   | LOCATION   | DAY & TIME                        |
|--|--|-----------------------------------|
|  <b>Bodies in Balance</b><br><br><b>Level **/**</b><br>Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling. | Shannon Burton<br><br><b>Havelock Legion</b><br>8 Ottawa Street East<br><br><i>Last class before break Dec 17<sup>th</sup></i> | Wednesday:<br>11:40 am – 12:15 pm |

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| <b>NORWOOD</b> For Information (re: weather cancellations, etc.) Contact: Community Care in Norwood # 705-639-5631  |   |                              |
|---|---|------------------------------|
| CLASS & INSTRUCTOR  | LOCATION  | DAY & TIME                   |
|  <b>Circuit Training</b><br>Shannon Burton<br><b>Level ***</b><br>A low impact full body workout. Bring your own hand weights. | <b>Norwood Legion</b><br>27 King Street<br><i>Last class before break Dec 16<sup>th</sup></i> | Tuesday:<br>9:00 – 9:45 am   |
|  <b>Line Dancing</b><br>Marlene Chaplin<br><b>Level: ***</b><br>Coreographed dance routines set to fun music.                  | <b>Norwood Legion</b><br>27 King Street<br><i>Last class before break Dec 16<sup>th</sup></i> | Tuesday:<br>10:00 – 11:00 am |




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 at  
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## NORWOOD CONTINUED....

The below classes are NEW to Community Care in partnership with the **Asphodel-Norwood Senior Active Connection Hub**. More information on their programs can be found on their [website](#).

To be added to their email list to stay up to date on **Feel Good Friday** classes please register with your email [here](#).

|   |                  |  |  |
|---|------------------|--|--|
|  <b>Zumba Gold</b><br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.   | Jasmine Murray   | <b>Norwood Town Hall</b><br>2357 County Rd 45  | <b>Friday Dec 5<sup>th</sup> :</b><br><b>10:30 – 11:30 am</b><br><br><b>(First Friday of the month ONLY)</b>   |
|  <b>Chair Yoga</b><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.   | Stephanie Bolton | <b>Norwood Town Hall</b><br>2357 County Rd 45  | <b>Friday Dec 19<sup>th</sup> :</b><br><b>10:30 – 11:30 am</b><br><br><b>(Fourth Friday of the month ONLY)</b> |
|  <b>The Fundamentals (Hybrid)</b><br><b>Level **</b><br>A mostly seated class to build strength and range of motion in the muscles and joints that are at the very base of everyday functional movements. Class will also include exercises and movements to improvement balance, done through a combination of seated and standing (with or without a chair, participant's choice) positions. | Krista Skutovich | <b>Ashpodel-Norwood Community Centre</b><br><b>Millenium Room</b><br>88 Alma St<br><br>* Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow  | <b>Mondays</b><br><b>10:00 – 10:45am</b><br><br><i>Last class before break</i><br><i>Dec 15<sup>th</sup></i>   |
|  <b>Advanced Cardio &amp; Weights (Hybrid)</b><br><b>Level ***/****</b><br>Start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session.  | Krista Skutovich | <b>Ashpodel-Norwood Community Centre</b><br><b>Millenium Room</b><br>88 Alma St<br><br>* Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow. | <b>Mondays</b><br><b>11:00 – 11:45am</b><br><br><i>Last class before break</i><br><i>Dec 15<sup>th</sup></i>   |

| LAKEFIELD   |  |  | For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655 |  |
|---|--|--|---|--|
| CLASS & INSTRUCTOR  |  | LOCATION   | DAY & TIME  |  |
|  <b>Zumba Gold</b><br>Jasmine Murray<br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.   |  | <b>Lakefield Legion</b><br>10 Nicholls St<br>Donations appreciated<br><i>Last class before break Dec 15<sup>th</sup></i>   | Monday:<br>9:00 – 10:00 am  |  |
|  <b>Cardio &amp; Weights</b><br>Krista Skutovich<br><b>Level ***</b><br>An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.                      |  | <b>Lakefield Legion</b><br>10 Nicholls St<br>Donations appreciated<br><i>Last class before break Dec 18<sup>th</sup></i>   | Thursday:<br>9:00 – 9:45 am   |  |
|  <b>Bodies in Balance</b><br>Wed – Rachel Jenkins<br>Thurs – Krista Skutovich<br><b>Level **</b><br>Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling. |  | <b>Regency of Lakefield</b><br>91 Concession St<br>*Check in with Front Desk. Be prepared to be COVID screened each visit.<br><i>Last class before break Dec 18<sup>th</sup></i> | Wednesday:<br>11:15 – 11:45 am<br>Thursday:<br>10:00 - 10:30 am                                       |  |



**DOURO-DUMMER**

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

**CLASS & INSTRUCTOR****LOCATION****DAY & TIME** **Gentle Chair Strech**

Steph Bolton






**Douro Community Centre - Harvest Room**

2893 Hwy 28 and County Rd. 4


Friday:  
1:00 – 2:00 pm*Last class before break Dec  
12<sup>th</sup>***Level \***

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance &amp; stability.





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#705-775-3083 ext#337(EFP)**

| <b>MILLBROOK</b>   |  |   | For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011 |
|--|--|---|---|
| <b>CLASS &amp; INSTRUCTOR</b>  | <b>LOCATION</b>  | <b>DAY &amp; TIME</b>   |   |
|  <b>Mat Stretch and Strengthen</b> Patti Dell'Osso<br><br><b>Level ***</b><br>Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.  | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street<br><br><i>Last class before break Dec 16<sup>th</sup></i>   | Tuesday:<br>12:00 – 12:45 pm  |   |
|  <b>Gentle Chair Stretch</b> Patti Dell'Osso<br><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.  | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street<br><br><i>Last class before break Dec 17<sup>th</sup></i>   | Wednesday:<br>9:00 – 9:45 am  |   |
|  <b>Bodies in Balance</b> Patti Dell'Osso<br><br><b>Level **/**</b><br>Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling. | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street<br><br>Also available on Zoom<br><i>Last class before break Dec 17<sup>th</sup></i>                                   | Wednesday:<br>10:00 – 10:45 am  |   |
|  <b>Advanced Cardio &amp; Weights</b> Patti Dell'Osso<br><br><b>Level **/**</b><br>An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.              | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street<br><br><i>Last class before break Dec 17<sup>th</sup></i>   | Wednesday:<br>11:00 – 11:45 am  |   |
|  <b>Zumba Gold</b> Jasmine Murray<br><br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.   | <b>Cavan Monaghan Community Centre</b><br>(Class is in the Studio Room)<br>986 Peterborough County Rd 10,<br>Millbrook<br><br><i>Last class before break Dec 19<sup>th</sup></i> | Friday:<br>10:30 – 11:30 am<br><br><b>No Class Dec 5<sup>th</sup></b> |   |




## MILLBROOK CONTINUED

| CLASS & INSTRUCTOR   | LOCATION  | DAY & TIME   |
|--|---|--|
|  <b>Zumba Gold &amp; Toning Combo</b> Jasmine Murray<br><br><b>Level **/**</b><br>Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights. | <b>Millbrook Manor</b><br>2 Manor Drive<br><br><i>Last class before break Dec 19<sup>th</sup></i> | Friday:<br>11:45 am – 12:45 pm<br><br><b>No Class Dec 5<sup>th</sup></b> |

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| PETERBOROUGH  |  |  |  |
|---|--|--|--|
| CLASS & INSTRUCTOR  |  | LOCATION   | DAY & TIME   |
|  <b>Chair Yoga Dance</b><br>Julie Humphries<br><b>Level */**</b><br>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.                         |  | <b>St. John the Evangelist Anglican Church Guild Hall</b><br>99 Brock Street<br><br>(Come in the main doors to the church office and follow signs to Guild Hall)<br><i>Last class before break Dec 16<sup>th</sup></i> | Tuesday:<br>1:00 – 2:00 pm<br><br><b>No Class Dec 2<sup>nd</sup></b> |
|  <b>Gentle Chair Stretch</b><br>Krista Skutovich<br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.   |  | <b>St. John the Evangelist Anglican Church Guild Hall</b><br>99 Brock Street<br>(Come in the main doors to the church office and follow signs to Guild Hall)<br><i>Last class before break Dec 18<sup>th</sup></i>     | Thursday:<br>1:00 – 1:45 pm  |
|  <b>Bodies in Balance</b><br>Krista Skutovich<br><b>Level **/***</b><br>Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.                                 |  | <b>St. John the Evangelist Anglican Church Guild Hall</b><br>99 Brock Street<br><br>(Come in the main doors to the church office and follow signs to Guild Hall)<br><i>Last class before break Dec 18<sup>th</sup></i> | Thursday:<br>1:50 – 2:20 pm  |
|  <b>Bodies in Balance &amp; Falls Prevention</b><br>Shannon Burton<br><b>Level **/***</b><br>Strength, conditioning, and balance exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling. |  | <b>YMCA Balsillie Family Branch</b><br>123 Aylmer Street South<br>Phone: (705) 748-9622<br><br><i>Last class before break Dec 19<sup>th</sup></i>  | Friday:<br>11:00 am – 12:00 pm                                       |

## Peterborough Continued

| CLASS & INSTRUCTOR  | LOCATION   | DAY & TIME   |
|---|--|--|
|  <b>Zumba Gold</b> Jasmine Murray<br><br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.  | <b>McDonnel St Activity Center</b><br>577 McDonnel St<br>Phone: (705)742-0050<br><br><i>Last class before break Dec 17<sup>th</sup></i>        | Wednesday:<br>9:00 – 9:45 am   |
|  <b>Warm Up and Weights</b> Krista Skutovich<br><br><b>Level ***</b><br>An all-round fitness class for older adults. Through bodyweight and dumbbell exercises this class will help you improve your muscle strength, endurance, stability, and mobility. Options for individuals depending on their current level of fitness provided. Some exercises will be done seated in a chair, but most will be done standing behind or beside the chair. Come prepared for a little bit of everything; cardio, weights/strength, core, and balance exercises! Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow. | <b>McDonnel St Activity Center</b><br>577 McDonnel St<br>Phone: (705)742-0050<br><br><i>Last class before break Dec 17<sup>th</sup></i>        | Wednesday:<br>10:00 – 10:45 am   |
|  <b>Indoor Walking Group *NEW*</b> Krista or Shannon<br><br><b>Level – You Choose!</b><br>Join our Kinesiology student Mackenzie on Tuesdays for an indoor walk on the track at the Miskin Law Community Complex. “Choose your own adventure” and walk at your own pace, whether you prefer a leisurely social stroll, a more intense fitness-centric walk, or anywhere in between. Walk for 5 minutes, or 30 minutes, YOU CHOOSE!  | <b>Miskin Law Community Complex Walking Track</b><br>271 Lansdowne St W, Peterborough<br><br><i>Last class before break Dec 9<sup>th</sup></i> | First two Tuesdays in December:<br>Meet at 11:00am<br>You choose how long! |

## **POLE WALKING**

For our more outdoorsy participants, Michelle Holdforth is leading a pole walking group once per week. The location and schedule may change due to weather conditions. The weather this time of year can be all over the spectrum, please dress appropriately.

**If in doubt regarding class status, 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** – Peterborough Sport and Wellness Centre / Bowers Park

Address: 775 Brealey Dr. Peterborough, Meet in parking lot by baseball diamonds (entrance to Bowers Park)

Tuesday 2:30 – 3:30 pm (weather dependent – please check cancellation hotline)

**Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors in fall/winter- wear layered clothing.**  
(This time of year the weather can vary greatly hour to hour, layers allow you to adjust.)

Please contact Michelle Holdforth for more information

[Yogasouls101@gmail.com](mailto:Yogasouls101@gmail.com)

Updated November 27, 2025, by S. Burton