

# Exercise & Falls Prevention (EFP) Program

## In-Person Class Catalogue Reference

### Part 1: Class Descriptions

Please note that classes with the same name may vary between locations and instructors but will have the same general underlying principles and focus. **Classes with the same name can vary in difficulty levels, please pay attention to the indicated level for each class.**

**Bodies in Balance:** Strength, conditioning, and balance exercises that will lead to improved overall balance and stability, and ultimately increasing strength, functional abilities and reducing the risk of future falling.

**Cardio & Weights:** 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. Bring your own weights if you have them.

**Chair Yoga:** Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.

**Chair Yoga Dance:** 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.

**Circuit:** Class starts with a warm-up before moving into a circuit aimed to increase strength, mobility and balance. Classes may utilize a variety of equipment.

**Fundamentals:** 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 and balance. Some classes may use equipment such as weights.

**Fun & Fitness:** Gentle seated exercise class.

**Line Dancing:** Choreographed dance routines set to fun (often but not always country) music.

**Mat Strength & Stretch:** Gentle stretch and strengthen class with standing and mat exercises. Bring your own yoga mat.

**Movement to Music:** A 45min class in place of the Zumba Gold class.

**Pole Walking:** A 1hr walk outdoors using walking poles to help improve overall fitness and wellness.

**Warm Up & Weights** - 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 sitting in a chair, but most will be done standing behind or beside the chair. Please bring your own weights if you have them.

**Zumba Gold:** Fun low-impact cardio dance routines designed for older adults.

**Zumba Toning:** Fun low-impact cardio dance routines designed for older adults combined with resistance training. Bring your own hand weights.

## Part 2: Class Levels

Curious what to expect at our classes? Please see below for a brief description of EFP class levels of difficulty. Our team of instructors are constantly adjusting their classes to best fit our participants. Therefore, classes may vary day to day, between locations/instructors, or may evolve over time. Please note that ALL Community Care's EFP classes are geared to older adults aged 55+. **You should consult with your physician before beginning any new fitness routine.** If you are unsure of what class(es) may be the best fit for you or a family member please reach out to our team.

**Level 1 – “Gentle”** - Participants can expect to spend 100% of the class seated in their chair. Movements are usually slower and easy to follow. Ideal for older adults who may be struggling with their mobility, or that are just beginning their wellness journey and want to ease into it.

**Level 2 – “Gentle Plus”** - Participants will spend more time sitting in the chair than standing up. The amount of standing time will fluctuate depending upon the class and the day. Options can be given for participants who wish to remain seated the entire time. These classes are ideal for older adults who are looking to incorporate SOME standing/weight bearing exercises into their routine but do not wish to or are unable to stand for prolonged periods.

**Level 3 – “Intermediate”** - Exercises/movements may be more challenging than a level 2 class in one or more of the following ways: more time spent standing up, greater strength challenge, working through bigger movements requiring greater mobility, more difficult balance exercises, the instructor may move through exercises more quickly, class overall may require more stamina, or a combination of the aforementioned.

**Level 4 – “Advanced”** - Recommended for individuals who are already active and have a built up to exercising at this level. Classes are mostly standing, aside from exercises that require a seated position. Exercises/movements are more complex, requiring better balance and stamina than lower class levels. These classes are fantastic for older adults who still want to challenge themselves in a workout but would like to do so in a class that keeps in mind the needs and concerns of an aging body.

## **Part 3: Class Locations – Address Directory**

### **Apsley:**

North Kawartha Community Centre Banquet Hall – 340 McFadden Rd

### **Buckhorn:**

Buckhorn Community Centre – 1782 Lakehurst Rd

### **Douro:**

Douro Community Centre Harvest Room – 2893 County Rd 28

### **Ennismore:**

Ennismore Curling Club Upstairs Lounge – 555 Ennis Rd

Chemung Community Care Office – 549 Ennis Rd

### **Havelock:**

Havelock Legion, upstairs – 8 Ottawa St East

Havelock Community Care Building, Common Room – 17 Smith Dr

### **Lakefield:**

Lakefield Legion – 10 Nichol's St

Isabel Morris Park – 20 Concession St

Regency of Lakefield – 91 Concession St

### **Millbrook:**

St. Thomas Anglican Church Hall – 16 Centre St

Cavan Monaghan Community Centre Studio Room – 986 Peterborough County Rd 10

Millbrook Manor – 2 Manor Dr

### **Norwood:**

Asphodel-Norwood Community Centre Millenium Room – 88 Alma St

Norwood Legion – 27 King St

Norwood Town Hall – 2357 County Rd 45

### **Peterborough:**

St. John's The Evangelist Anglican Church Guild Hall – 99 Brock St

McDonnel St Activity Centre, downstairs– 577 McDonnel St

YMCA Balsillie Family Branch Peterborough – 123 Aylmer St

Retirement Homes (open to public): Please refer to Retirement Home Schedule

**Pole Walking (changes monthly):** Please refer to Pole Walking Schedule

## Part 4: EFP Memberships

In April 2025, to maintain the expansive high quality class programming we have spent more than a decade creating, Community Care Peterborough implemented a Membership format for their EFP (Exercise and Falls Prevention) program. To attend classes\* participants must purchase a \$35/year or \$25/6 month membership. Under this membership you are welcome to attend as many Community Care EFP classes as you like; in-person, virtually, or both. If you have any questions regarding the EFP Memberships, please contact us at [efp@commcareptbo.org](mailto:efp@commcareptbo.org)

If you are:

**New to our program** – before coming to class, complete a short registration form online [Online EFP Program Registration Waiver](#).

If you would prefer a paper copy of the registration form, ask any instructor at any class. Everyone who attends a class must complete the registration form, online or on paper.

Then to purchase an EFP membership, please use the following link to register and pay online: [Online EFP Membership Payment](#).

You may also go into or call your local Community Care office to register for your membership in-person or over the phone.

More information about EFP Membership can be found here [EFP Membership Info 2026 & FAQ's](#).

If you are:

**An existing EFP Member** – you will receive an email notice when your renewal date is getting near with instructions on how to renew. If you would like to know when your renewal date is before receiving your renewal notice, a Community Care staff member would be happy to look it up for you in our system. You can contact the EFP team or your local Community Care office.

*\*Some classes are exempt from requiring a membership to attend due to partnerships with other agencies/facilities – as a non-profit we do appreciate every membership purchased as it helps us maintain our program quality and quantity. If you are unable to afford the cost of membership, please contact our team. We will work with you to find a solution.*

## Part 5: Class Donations

**“\$2 Donation Required”** – you will see some classes with this note. These classes incur additional costs for Community Care to run. They are either run at a facility where there is a rental fee, or they are an extra class added to the schedule beyond our normal instructor budget. The donation fees collected from these classes are used directly to offset the costs associated with running each class.

Donation Jars – You may see donation jars at the sign in tables at classes. As a non-profit organization, Community Care is very appreciative of all donations received. All money collected from donations goes directly back into services in our own local community. Please note – only “Donation Required” classes require/expect a donation. Any donations collected in the optional jars are greatly appreciated.

## Part 6: Other Information

**Participant Responsibilities** – For the safety and well-being of all who attend classes, participants are expected to follow the policies and procedures of the facility they are attending, and the safety instructions of their instructor. For anyone not being respectful or following instructions, a warning will be given. Should the behavior continue, it is within the right of Community Care staff and the facility to revoke the invitation to attend class. A temporary or permanent suspension may be given, depending upon the situation. In these cases, the EFP Membership fees will not be refunded.

**Cancellation Hotline**- All cancellations will be posted on the cancellation hotline. When in doubt call before heading to class **705-775-3083 ext 337**. (Do not leave a message on this line.) Cancellations may happen due to dangerous weather conditions (snow, ice, extreme heat), instructor illnesses/vacations/emergencies, or due to facility availability. We do our best to have the monthly calendars accurate when posted at the beginning of the month, but “real-life” happens to us all!

**Email Communications**- A monthly newsletter including any planned schedule adjustments or cancellations will be emailed at the start of each month. The “Member’s Version” will include the links and passcodes for virtual classes, and any special member events. For participants without email, a package will be available for pickup at your local Community Care Office. Unfortunately, due to postage fees and environmental impacts we are unable to mail out packages.

We try our best to minimize the number of emails sent through the month, however when there are last minute cancellations/changes to the schedule you will often receive cancellation/update emails. Unfortunately, we haven't figured out how to control the weather, so during the winter and hot summer months these emails may come through more frequently.

**Contact Information** – The EFP Team is always happy to answer any questions or concerns you may have. The easiest way to reach us is via email [efp@commcareptbo.org](mailto:efp@commcareptbo.org). You can also call our phone line 705-927-3906, we are often busy leading classes in which case please leave a voicemail and we will return your call. Your local Community Care Offices are also happy to help you.