



**Community  
Care**

Empowering you to live at home  
in the City and County of Peterborough

## Community Care Peterborough Exercise and Falls Prevention

Classes located within the City of Peterborough

*\*Classes are offered for seniors/older adults, FREE of charge\**

*\*\*Classes offered in retirement homes are open to all seniors\*\**

*(You do not need to live in the retirement home to attend classes there)*

**\*PLEASE BRING PLENTY OF WATER! STAY HYDRATED\***

Location	Exercise Classes	Falls Prevention Classes
Applewood Retirement 1500 Lansdowne St. W 705-749-1500	Monday, Wednesday, Friday 10:00-10:30am Strengthening and Stretching through Yoga Based Movements Tuesday & Thursday 10:00 - 10:30am	
Canterbury Gardens 1414 Sherbrooke St. West 705-876-1414	Monday through Friday 10:00-10:30am	Tuesday/Thursday/Friday 2:00-2:30pm
Community Care Peterborough 185 Hunter St. East	Strengthening and Stretching through Yoga based Movements Tuesday/Thursday 3:30-4:00pm	Balance and Stability through Yoga based Movements Tuesday/Thursday 4:00-4:30pm
Empress Gardens 131 Charlotte St 705-876-1314	Monday through Friday 9:10-9:40am	
Jackson Creek Retirement 481 Reid St 705-742-0411	Monday through Friday 11:00-11:30am	Tuesday/Thursday/Friday 1:00-1:30pm



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Location	Exercise Classes	Falls Prevention Classes
Kawartha Heights Retirement 2300 Denure Dr 1-855-749-2300		Tuesday & Thursday 9:00 - 9:30am
Peterborough Retirement 1039 Water St 705-748-5343	Monday through Friday 9:00-9:30am Enhanced Care Unit - Tuesday/Thursday 9:40-10:10am	Tuesday/Thursday 11:00-11:30am
Princess Gardens 100 Charlotte St 705-750-1234	Monday through Friday 10:00-10:30am	Monday/Wednesday/Friday 11:00-11:30am
Royal Gardens 1160 Clonsilla St 705-741-6036	Monday through Friday 11:15-11:45am	Tuesday/Thursday 3:00-3:30pm Friday 1:00-1:30pm
Rubidge Retirement 246-270 Rubidge St 705-748-4000	Monday/Wednesday/Friday 10:15-10:45am Tuesday/Thursday 10:30-11:00am	Tuesday/Thursday 11:00-11:30am
Sherbrooke Heights 1434 Sherbrooke St 705-243-4564	Tuesday & Thursday 9:00-9:30am	Monday/Wednesday/Friday 9:00-9:30am

\*schedule updated February 25, 2020



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St. John's Anglican Church		
99 Brock St. call St. John's Centre 705-749-0757	Monday/Wednesday/Friday 1:45 - 2:15pm	Monday/Wednesday/Friday 2:15 - 2:45pm