



**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	Friday 10:45 - 11:15am
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 Thursday 11:00-11:30am Nordic Poling Friday 11:00 - 11:30am	Tuesday/Thursday 1:00-1:30pm Friday 3:30 - 4:00 pm



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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	Monday through Friday 11:00-11:30am
Sherbrooke Heights 1434 Sherbrooke St 705-243-4564	Monday through Friday 9:00-9:30am	Monday/Wednesday/Friday 9:00-9:30am

*schedule updated November 13, 2018



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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