



**Community
Care**

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

Community Care Peterborough Exercise and Falls Prevention

Classes located in Peterborough County

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

****Please bring plenty of water to classes****

Location	Exercise Classes	Falls Prevention Classes
Apsley		
North Kawartha Community Centre 340 McFadden Rd	Tuesday/Thursday 10:30-11:00am	Tuesday/Thursday 11:00-11:30am
Ennismore		
Chemung Community Care Office 549 Ennis Rd	Monday/Wednesday 2:00-2:30pm	Monday/Wednesday 2:35-3:05pm
	Advanced/Cardio- Monday 9:30-10:00am	Advanced/Cardio - Monday 10:05-10:35am
	Strength & Stretch through Yoga based Movements Tuesday/Friday 9:30-10:00am	Balance & Stability through Yoga based Movements Tuesday/Friday 10:05-10:35am
	Nordic Pole Walking - Building Strength, Endurance, Balance & Friends Wednesday: 9:00 - 9:30am <i>*Please bring Poles if you have them, a limited # will be available for use</i>	
Havelock		
Havelock Town Hall 1 Mathieson St.	Line Dancing - Building Strength, Endurance, Balance & Friendships Tuesday: 9:30 - 10:30am Thursday 9:30 - 10:45am	
	Tuesday - using Weights 11:00 - 11:45am Thursday - using Resistance Bands 11:00 - 11:45 am	
	Strength & Stretch through Yoga based Movements Monday 11:30am - 12:00pm	Balance & Stability through Yoga based Movements Monday 12:00pm - 12:30pm



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Location	Exercise Classes	Falls Prevention Classes
Harvey/Buckhorn		
Buckhorn Community Centre 1801 Lakehurst Rd	Monday/Wednesday 12:00-12:30pm	Monday/Wednesday 12:30-1:00pm
Hiawatha		
L.I.F.E. Centre 431 Hiawatha Line		Tuesday 10:30am - 11:30am
Lakefield		
40 Rabbit St.	Tuesday/Thursday 2:45-3:15pm	Tuesday/Thursday 2:15-2:45pm
	Nordic Pole Walking Building Strength, Endurance, Balance & Friendships Thursday 9:30 - 10:00am *Please bring Poles if you have them, a limited # will be available for use	
The Regency		
91 Concession St Lakefield		Tuesday/Friday 10:00-10:30am
	Seated Yoga Wednesday 10:00 - 10:30am	
Norwood		
Mapleview Retirement 2281 County Rd 45	Monday/Wednesday/Friday 10:00-10:30am	Tuesday/Thursday 10:00-10:30am

*scheduled updated January 29, 2019



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Millbrook		
St. Thomas Church 16 Centre St	Tuesday/Thursday 9:00-9:45am	Tuesday/Thursday 10:00 - 10:45am
	Strength & Stretch through Yoga based Movements Monday/Wednesday 9:00-9:45am	Balance & Stability through Yoga based Movements Tuesday/Thursday 12:15-1:00pm
Millbrook Manor 2 Manor Dr	Tuesday 11:00-11:30am	
	Strength & Stretch through Yoga based Movements Thursday 11:00 - 11:30 am	

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