



**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 CLASS****

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
	Chair Yoga - Strengthen, Stretch, Improve Balance & Stability Tuesday & Friday 1st Seating 9:30 - 10:15am (FULL) 2nd Seating 10:30 - 11:15am (Space Available)	
	Advanced Cardio & Weights Mondays 9:30 - 10:35am	
Havelock		
Havelock Town Hall 1 Mathieson St.	Zumba Gold - Build Strength & Endurance, Improve Balance & Stability on break for winter, will return spring 2020	
	Line Dancing Tuesday/Thursday 9:30 - 10:30am	
	Tuesday & Thursday 11:00 - 11:45am Exercises include: Cardio, Balance, and Strengthening using Weights	
	Chair Yoga - Strengthen, Stretch, Improve Balance & Stability Mondays 11:30am - 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		Classes on hold
Lakefield		
40 Rabbit St.	Tuesday/Thursday 1:30-2:00pm	Tuesday/Thursday 2:00-2:30pm
The Regency 91 Concession St Lakefield	Chair Yoga Wednesday 3:30 - 4:00pm	Tuesday/Friday 10:00-10:30am
	Zumba Gold - Build Strength & Endurance, Improve Balance & Stability on break for winter, will return spring 2020	
Norwood		
Mapleview Retirement 2281 County Rd 45	Monday/Wednesday/Friday 10:00-10:30am	Tuesday/Thursday 10:00-10:30am

*scheduled updated November 25, 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
	Zumba Gold - Build Strength & Endurance, Improve Balance & Stability on break for winter, will resume spring 2020	
Millbrook Manor 2 Manor Dr	Tuesday 11:00-11:30am	
	Strength & Stretch through Yoga based Movements Thursday 11:00 - 11:30 am	