




**SCHEDULE IN-PERSON SESSIONS**  
 Free classes for everyone 55 years +. Start anytime.

Exercise, Falls Prevention & Wellness Program



February 2024

**APSLEY** For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589






CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Exercise and Falls Prevention Class</b> Mark Best Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance. Register: Contact Mark #705-656-2589	<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Rd.	<b>Monday <u>and</u> Wednesday:</b>  10:00 – 11:00 am

**BUCKHORN**

For Information (re: weather cancellations, etc.) Contact: Community Care in Buckhorn #705-657-2171






CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> <b>Balance 101</b> <span style="float: right;">Michelle Holdforth</span></p> <p><b>Level **</b> Do you feel your balance isn't what it used to be? This class will include exercises to help improve balance, and strengthen the systems and muscles of the body that effect it. Stay for Exercise 101 right after for a well rounded workout! Bring Your own hand weights.</p>	<p><b>Buckhorn Community Centre</b> 1782 Lakehurst Road</p>	<p>Monday: 12:30 – 1:00 pm</p>
<p> <b>Exercise 101</b> <span style="float: right;">Michelle Holdforth</span></p> <p><b>Level **</b> A chair based class that covers the basic components of fitness: strengthening, stretching, and conditioning geared to older adults. Pair it with Balance 101 for best results! Bring your own hand weights.</p>	<p><b>Buckhorn Community Centre</b> 1782 Lakehurst Road</p>	<p>Monday: 1:00 – 1:30 pm</p>

**CHEMUNG/ENNISMORE** For Information (re: weather cancellations, etc.) Contact: Community Care in Ennismore #705-292-8708

CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 <b>Chair Yoga</b> Julie Humphries <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		<b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Tuesday: 11:00 am – 12:00 pm
 <b>Zumba Gold</b> Jasmine Murray <b>Level: ***</b> Fun low-impact cardio dance moves designed for older adults.		<b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Thursday: 9:00 – 10:00 am
 <b>Chair Yoga Dance</b> Julie Humphries <b>Level **</b> 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.		<b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Thursday: 10:15 - 11:15 am
 <b>Chair Yoga</b> Julie Humphries <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		<b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Thursday: 11:30 am - 12:30 pm
 <b>Zumba Toning</b> Jasmine Murray <b>Level: **/***</b> Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.		<b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Friday: 9:00 – 10:00 am

**HAVELOCK**

For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Chair Yoga</b> <span style="float: right;">Stephanie Bolton</span>  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	<b>Community Care Havelock</b> 17 Smith Drive	Monday 12:00 – 1:00 pm
 <b>Zumba Gold</b> <span style="float: right;">Jasmine Murray</span>  <b>Level: ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>Havelock Legion</b> 8 Ottawa Street East	Tuesday: 9:30 – 10:30 am  Donations appreciated
 <b>Advanced Weights &amp; Cardio</b> <span style="float: right;">Jasmine Murray</span>  <b>Level: ***/****</b> Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	<b>Havelock Legion</b> 8 Ottawa Street East	Tuesday: 10:45 – 11:45 am  Donations appreciated
 <b>Line Dancing</b> <span style="float: right;">Marlene Chaplin</span>  <b>Level: ***</b> Choreographed dance routines set to fun music.	<b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 9:30 – 10:30 am  Donations appreciated
 <b>Advanced Weights &amp; Cardio</b> <span style="float: right;">Melissa Scott</span>  <b>Level ***/****</b> Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	<b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 10:45 – 11:30 am  Donations appreciated

## HAVELOCK Continued

### CLASS & INSTRUCTOR



**Bodies in Balance**

Melissa Scott

**Level \*\*/\*\***

Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.

### LOCATION



**Havelock Legion**  
8 Ottawa Street East

### DAY & TIME




Wednesday:  
11:45 am – 12:15 pm

Donations appreciated


**NORWOOD** For Information (re: weather cancellations, etc.) Contact: Community Care in Norwood # 705-639-5631

CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 <b>Circuit Training</b> Melissa Scott <b>Level ***</b> A low impact full body workout. Bring your own hand weights.		<b>Norwood Legion</b> 27 King Street	Tuesday: 9:00 – 9:45 am  Donations Appreciated
 <b>Line Dancing</b> Marlene Chaplin <b>Level: ***</b> Coreographed dance routines set to fun music.		<b>Norwood Legion</b> 27 King Street	Tuesday: 10:00 – 11:00 am  Donations Appreciated

**LAKEFIELD** For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655






CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Zumba Gold</b> Jasmine Murray  <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>Lakefield Legion</b> 10 Nicholls St  <b>No class Mon, February 5<sup>th</sup></b>	Monday: 9:00 – 10:00 am  Donations Appreciated
 <b>Fitness Fusion</b> Sophie Lepage  <b>Level ***</b> Fusing strengthening & stretching exercises with balance and stability exercises in one comprehensive class to increase overall fitness. Bring your own light hand weights.	<b>Lakefield Legion</b> 10 Nicholls St	Thursday: 9:00 – 9:45 am  Donations Appreciated
 <b>Bodies in Balance</b> Wed – Rachel Jenkins Thurs - Sophie Lepage  <b>Level **</b> Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>Regency of Lakefield</b> 91 Concession St  *Check in with Front Desk. Be prepared to be COVID screened each visit.	Wednesday: 11:15 – 11:45 am  Thursday: 10:00 - 10:30 am

**DOURO-DUMMER** For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655





CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Chair Yoga</b> Stephanie Bolton  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	<b>Douro Community Centre - Harvest Room</b> 2893 Hwy 28 and County Rd. 4  <b>(No class on the last Friday of each month)</b>	Friday: 1:00 – 2:00 pm

**MILLBROOK**



For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Gentle Chair Stretch</b> Patti Dell'Osso  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 9:00 – 9:45 am
 <b>Bodies in Balance</b> Patti Dell'Osso  <b>Level **/***</b> Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street  Also available on Zoom	Wednesday: 10:00 – 10:45 am
 <b>Advanced Cardio &amp; Weights</b> Patti Dell'Osso  <b>Level ***/****</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Wednesday: 11:00 – 11:45 am
 <b>Zumba Gold</b> Jasmine Murray  <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	Friday: 10:30 – 11:30 am
 <b>Zumba Gold &amp; Toning Combo</b> Jasmine Murray  <b>Level **/***</b> Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	<b>Millbrook Manor</b> 2 Manor Drive	Friday: 11:45 am – 12:45 pm



<b>PETERBOROUGH</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <b>Movin' &amp; Groovin' to the Oldies</b> <span style="float: right;">Addison Walker</span>  <b>Level***</b> Start your morning off with a little movement to remember the good ol'days! A fun class to learn dance combinations connecting mind to muscle in an entertaining way!	<b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street Peterborough  (Come in the main doors to the church office and follow signs to Guild Hall)	Monday: 11:00 – 11:45am
 <b>Chair Yoga Dance</b> <span style="float: right;">Julie Humphries</span>  <b>Level */**</b> 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.	<b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday: 1:00 – 2:00 pm
 <b>Gentle Chair Stretch</b> <span style="float: right;">Adam Wilton</span>  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	<b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:00 – 1:45 pm  <span style="color: red;">No class Thurs. Feb 22<sup>nd</sup></span>
 <b>Bodies in Balance</b> <span style="float: right;">Adam Wilton</span>  <b>Level **/**</b> Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>St. John the Evangelist Anglican Church Guild Hall</b> 99 Brock Street  (Come in the main doors to the church office and follow signs to Guild Hall)	<span style="background-color: yellow;">Thursday:</span> <span style="background-color: yellow;">1:50 – 2:20 pm</span>  <span style="color: red;">No class Thurs. Feb 22<sup>nd</sup></span>

**PETERBOROUGH Continued**

<p> <b>Bodies in Balance</b> Adam Wilton</p> <p><b>Level **/**</b> Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p><b>YMCA Balsillie Family Branch</b> 123 Aylmer Street South</p> <p>Phone: (705) 748-9622</p>	<p>Friday: 11:00 – 11:30 am</p>
<p> <b>Falls Prevention</b> Adam Wilton</p> <p><b>Level **</b> Strength, conditioning and balance exercises that will lead to improved overall balance and stability, reducing the risk of future falling. With a focus on education, and discussions on ways to reduce the risk of falling, improve balance, and what to do if you do fall.</p>	<p><b>YMCA Balsillie Family Branch</b> 123 Aylmer Street South</p> <p>Phone: (705) 748-9622</p>	<p>Friday: 11:30 -12:00 pm</p>

## POLE WALKING

Michelle Holdforth has returned to leading a pole walking group once per week. The LOCATIONS and schedule may need to change due to weather conditions.

Pole walking provides cardiovascular and strength benefits in an outdoor, fun, social environment.

- Poles are available to borrow or bring your own
- Please note LOCATIONS may change, or class may be cancelled depending on weather and trail conditions – Michelle will contact you in these cases (If possible let her know you plan to attend ahead of time to allow for this).

### **Pole Walking Schedule:**

**Pole Walking for Balance** – *Our easiest Pole Walking Group. Focus is on improving balance, muscle conditioning, and having the opportunity to socialize at the same time. Participants are also welcome to use a walker if preferred/required.*

Classes currently On Hold

**Pole Walking for Fitness** - *This is a 1-hour class where participants will be walking on potentially unsteady land and walking for fitness.*

Tuesday 2:30 – 3:30 pm (weather dependent) - February Location – Meet at the Lakefield Oval Skating Club Parking Lot and Trail at 3358 Lakefield Rd. Please wear stable footwear as terrain may be uneven. Come prepared for the outdoors!

Please contact Michelle Holdforth for more information  
[Yogasouls101@gmail.com](mailto:Yogasouls101@gmail.com)