


SCHEDULE IN-PERSON SESSIONS



Exercise, Falls Prevention & Wellness Program






November 2023







Apsley			For Information Contact (re: weather cancelations, etc.): Community Care in Apsley: 705-656-4589	
CLASS & INSTRUCTOR		SETTING	DAY & TIME	
 <p>Exercise and Falls Prevention Class Mark Best</p> <p>Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance</p> <p>Register: Contact Mark, 705-656-2589</p>	<p>North Kawartha Community Centre, Banquet Hall 340 McFadden Rd</p> <p>No class Monday, November 13th</p>	<p>Monday <u>and</u> Wednesday</p> <p>10:00 – 11:00 a.m.</p>		

Buckhorn

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



CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Balance 101 Level ** 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.	Michelle Holdforth Buckhorn Community Centre 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm
 Exercise 101 Level ** 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.	Michelle Holdforth Buckhorn Community Centre 1782 Lakehurst Road	Monday: 1:00 – 1:30pm

Chemung/Ennismore			For Information Contact (re: weather cancellations, etc.): Community Care in Ennismore 705-292-8708		
CLASS & INSTRUCTOR		SETTING	DAY & TIME		
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Julie Humphries	Community Care in Chemung 549 Ennis Rd, Ennismore	Monday: 1:00 -2:00 pm		
 Chair Yoga Dance Level **	Julie Humphries	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 10:15 - 11:15 am		
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Julie Humphries	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 11:30 am - 12:30 pm		
 Zumba Gold Level: *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	Community Care in Chemung 549 Ennis Rd, Ennismore No class Thursday, November 30th	Thursday 9:00 – 10:00 am		
 Zumba Toning Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.	Jasmine Murray	Community Care in Chemung 549 Ennis Rd, Ennismore	Friday 9:00 – 10:00 am		





Havelock			For Information Contact (re: weather cancelations, etc.): Community Care in Havelock: 705-778-7831		
CLASS & INSTRUCTOR		SETTING	DAY & TIME		
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Stephanie Bolton	Community Care Havelock 17 Smith Drive	Monday 12:00 – 1:00 pm		
 Zumba Gold Level: *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	Havelock Legion 8 Ottawa Street East	Tuesday: 9:30 – 10:30 am Donations appreciated		
 Advanced Cardio & Weights Level: ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Jasmine Murray	Havelock Legion 8 Ottawa Street East	Tuesday: 10:45 – 11:45 am Donations appreciated		
 Line Dancing Level: *** Choreographed dance routines set to fun music.	Marlene Chaplin	Havelock Legion 8 Ottawa Street East	Wednesday 9:30 – 10:30 am Donations appreciated		
 Advanced Cardio & Weights Level ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Melissa Scott	Havelock Legion 8 Ottawa Street East	Wednesday 10:45 – 11:30 am Donations appreciated		
 Bodies in Balance Level **/*** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Melissa Scott	Havelock Legion 8 Ottawa Street East	Wednesday 11:45 am – 12:15 pm Donations appreciated		

Norwood


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

CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Circuit Training Level: *** A low impact full body workout. Bring your own hand weights.	Norwood Legion 27 King Street No Class Tues., November 14 th and 21 st	Tuesday: 9:00 – 9:45 am Donations Appreciated
 Line Dancing Level: *** Coreographed dance routines set to fun music.	Norwood Legion 27 King Street	Tuesday: 10:00 – 11:00 am Donations Appreciated

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






CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Zumba Gold Level *** Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray Lakefield Legion 10 Nicholls St	Monday: 9:00 – 10:00 am Donations Appreciated
 Fitness Fusion Level *** Fusing strengthening & stretching exercises with balance and stability exercises in one comprehensive class to increase overall fitness. Bring your own light hand weights.	Sophie Lepage Lakefield Legion 10 Nicholls St	Thursday 9:00 – 9:45 am Tuesday classes on Hold Donations Appreciated
 Bodies in Balance Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Sophie Lepage Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit.	Thursday 10:00 - 10:30 am Tuesday classes on Hold
 Walking for Balance Join us for a slower paced walk focusing on improving balance, conditioning, and social interaction. Participants are invited to use walking poles (provided or bring your own), or to bring their own walker if required.	Regency of Lakefield 91 Concession St (Meet at main entrance/parking lot)	Class on Hold







Douro-Dummer For Information Contact (re: weather cancelations, etc.): Community Care in Lakefield: **705-652-8655**

CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Stephanie Bolton Douro Community Centre - Harvest Room 2893 Hwy 28 and County Rd. 4 No Class Friday, November 24	Friday: 1:00 – 2:00 pm (Runs until Friday, December 8 th)

Millbrook

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

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

Peterborough			
CLASS & INSTRUCTOR		SETTING	DAY & TIME
 Fun Oldies Dance Combo Level*** 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!	Addison Walker	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street Peterborough (Come in the main doors to the church office and follow signs to Guild Hall)	Monday 9:00 - 9:45am
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Julie Humphries	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday 1:00 – 1:45 pm
 Gentle Chair Stretch Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Addison Walker	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday 2:00 – 2:45 pm
 Bodies in Balance Walker Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Tue-Julie Humphries/Thurs-Addison	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday 2:00 - 2:30 pm Thursday 3:00 – 3:30pm
 Bodies in Balance Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	Adam Wilton	YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622	Friday 11:00 – 11:30 am
 Falls Prevention Level ** 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.	Adam Wilton	YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622	Friday 11:30 -12:00 pm

POLE WALKING

Michelle Holdforth will be returning to lead a pole walking group once per week. The locations and schedule may need to change due to weather conditions. We are working on the schedule for these walks and will release it as soon as we know more.

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 – On Hold

Pole Walking for Fitness – Tuesday 2:30 – 3:30 pm (weather dependent) Meet at the Rotary Greenway Trail in Lakefield at the corner of Water St. and Regional Rd. 33. Parking is alongside the road as you turn onto Regional Rd. 33 off of Water St. Please wear stable footwear as terrain may be uneven. Come prepared for the outdoors!

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

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.*

Please contact Michelle Holdforth for more information
Yogasouls101@gmail.com