

## SCHEDULE IN-PERSON SESSIONS

Classes for everyone 55 years +. Start anytime.

Exercise, Falls Prevention & Wellness Program

November 2025

| APSLEY                                                                                                                                                                                                                                                              |  | For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589 |                                                                                                                                                               |
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| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                  |  | LOCATION                                                                                           | DAY & TIME                                                                                                                                                    |
|  <b>Exercise and Falls Prevention Class</b> Sue Thwaites (Interim)<br><br>Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance. |  | <b>North Kawartha Community Centre, Banquet Hall</b><br>340 McFadden Rd.                           | Returning to Mondays<br>AND Wednesdays:<br><br>10:00 – 11:00 am<br><br><i>Video Class Nov 26<sup>th</sup> (Katie will play a pre-recorded class at NKCC.)</i> |

**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)**

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

| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                                                                                                                                                            | LOCATION                                                | DAY & TIME                  |
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|  <b>Balance 101</b> Michelle Holdforth<br><br><b>Level **</b><br>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. | <b>Buckhorn Community Centre</b><br>1782 Lakehurst Road | Monday:<br>12:00 – 12:30 pm |
|  <b>Exercise 101</b> Michelle Holdforth<br><br><b>Level **</b><br>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.                                                               | <b>Buckhorn Community Centre</b><br>1782 Lakehurst Road | Monday:<br>12:30 – 1:00 pm  |

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

| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                                                                     | LOCATION                                                                                                    | DAY & TIME                                                 |
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|  <b>Bodies in Balance</b> Julie Humphries<br><b>Level **/**</b><br>Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.                         | <b>Community Care in Chemung</b><br>549 Ennis Rd, Ennismore                                                 | Tuesday<br>10:15 – 10:45 am                                |
|  <b>Chair Yoga</b> Julie Humphries<br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.                                                                            | <b>Community Care in Chemung</b><br>549 Ennis Rd, Ennismore                                                 | Tuesday:<br>11:00 am – 12:00 pm                            |
|  <b>Zumba Gold</b> Jasmine Murray<br><b>Level: ***</b><br>Fun low-impact cardio dance moves designed for older adults                                                                                                                                 | <b>Ennismore Arts Space Centre</b><br>507 Ennis Rd – Jasmine will update<br>Until mid-Nov, new location TBD | Thursday:<br>9:00 – 10:00 am                               |
|  <b>Chair Yoga Dance</b> Julie Humphries<br><b>Level **</b><br>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><br>549 Ennis Rd, Ennismore                                                 | Thursday:<br>10:15 - 11:15 am                              |
|  <b>Zumba Toning</b> Jasmine Murray<br><b>Level: **/**</b><br>Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.                                                                         | <b>Ennismore Arts Space Centre</b><br>507 Ennis Rd, Ennismore<br>Until mid-Nov, new location TBD            | Friday:<br>9:00 – 10:00 am<br>No Class Nov 7 <sup>th</sup> |

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| HAVELOCK                                                                                                                                                                                                                                                                                        |                  |                                                                             |                                                                                |
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| For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831                                                                                                                                                                                             |                  |                                                                             |                                                                                |
| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                              |                  | LOCATION                                                                    | DAY & TIME                                                                     |
|  <b>Chair Yoga</b><br><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.                                                 | Stephanie Bolton | <b>Community Care Havelock</b><br>17 Smith Drive                            | Monday<br>12:00 – 1:00 pm                                                      |
|                                                                                                                                                                                                                                                                                                 |                  |                                                                             |                                                                                |
|  <b>Zumba Gold</b><br><br><b>Level: ***</b><br>Fun low-impact cardio dance moves designed for older adults.                                                                                                    | Jasmine Murray   | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br>Donations appreciated | Tuesday:<br>9:30 – 10:30 am<br><br><i>Class Cancelled Nov 11<sup>th</sup></i>  |
|                                                                                                                                                                                                                                                                                                 |                  |                                                                             |                                                                                |
|  <b>Advanced Weights &amp; Cardio</b><br><br><b>Level: ***/****</b><br>Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.  | Jasmine Murray   | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br>Donations appreciated | Tuesday:<br>10:45 – 11:45 am<br><br><i>Class Cancelled Nov 11<sup>th</sup></i> |
|                                                                                                                                                                                                                                                                                                 |                  |                                                                             |                                                                                |
|  <b>Line Dancing</b><br><br><b>Level: ***</b><br>Choreographed dance routines set to fun music.                                                                                                                | Lorraine Day     | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br>Donations appreciated | Wednesday:<br>9:30 – 10:30 am                                                  |
|                                                                                                                                                                                                                                                                                                 |                  |                                                                             |                                                                                |
|  <b>Advanced Weights &amp; Cardio</b><br><br><b>Level ***/****</b><br>Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights. | Shannon Burton   | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br>Donations appreciated | Wednesday:<br>10:45 – 11:30 am                                                 |
|                                                                                                                                                                                                                                                                                                 |                  |                                                                             |                                                                                |

## HAVELOCK Continued

| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                                                | LOCATION                                                                    | DAY & TIME                        |
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|  <b>Bodies in Balance</b> Shannon Burton<br><br><b>Level **/**</b><br>Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling. | <b>Havelock Legion</b><br>8 Ottawa Street East<br><br>Donations appreciated | Wednesday:<br>11:40 am – 12:15 pm |

**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)**

**NORWOOD**

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

| CLASS & INSTRUCTOR                                                                                                                                                                                              | LOCATION                                                         | DAY & TIME                                                                 |
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|  <b>Circuit Training</b><br>Shannon Burton<br><b>Level ***</b><br>A low impact full body workout. Bring your own hand weights. | <b>Norwood Legion</b><br>27 King Street<br>Donations appreciated | Tuesday:<br>9:00 – 9:45 am<br><i>Class Cancelled Nov 11<sup>th</sup></i>   |
|  <b>Line Dancing</b><br>Marlene Chaplin<br><b>Level: ***</b><br>Coreographed dance routines set to fun music.                  | <b>Norwood Legion</b><br>27 King Street<br>Donations appreciated | Tuesday:<br>10:00 – 11:00 am<br><i>Class Cancelled Nov 11<sup>th</sup></i> |

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 at  
**#705-775-3083 ext#337(EFP)**

## NORWOOD CONTINUED....

The below classes are NEW to Community Care in partnership with the **Asphodel-Norwood Senior Active Connection Hub**. More information on their programs can be found on their [website](#).

To be added to their email list to stay up to date on **Feel Good Friday** classes please register with your email [here](#).

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|  <b>Zumba Gold</b><br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.                                                                                                                                                                                                                                                                                         | Jasmine Murray   | <b>Norwood Town Hall</b><br>2357 County Rd 45                                                                                                                                                                | <b>Friday Nov 7<sup>th</sup> :</b><br><b>10:30 – 11:30 am</b><br><br><b>(First Friday of the month ONLY)</b>                                                         |
|  <b>Chair Yoga</b><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.                                                                                                                                                                                                                                     | Stephanie Bolton | <b>Norwood Town Hall</b><br>2357 County Rd 45                                                                                                                                                                | <b>Friday Nov 28<sup>th</sup> :</b><br><b>10:30 – 11:30 am</b><br><br><b>(Fourth Friday of the month ONLY)</b>                                                       |
|  <b>The Fundamentals (Hybrid)</b><br><b>Level **</b><br>A mostly seated class to build strength and range of motion in the muscles and joints that are at the very base of everyday functional movements. Class will also include exercises and movements to improvement balance, done through a combination of seated and standing (with or without a chair, participant's choice) positions. | Krista Skutovich | <b>Ashpodel-Norwood Community Centre</b><br><b>Millenium Room</b><br>88 Alma St<br><br>* Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow  | <b>Mondays</b><br><b>10:00 – 10:45am</b><br><br><b>Nov 10<sup>th</sup> class will be at</b><br><b>Norwood Town Hall</b><br><b>(2357 Cty Rd 45</b><br><b>Norwood)</b> |
|  <b>Advanced Cardio &amp; Weights (Hybrid)</b><br><b>Level ***/****</b><br>Start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session.                                                                                    | Krista Skutovich | <b>Ashpodel-Norwood Community Centre</b><br><b>Millenium Room</b><br>88 Alma St<br><br>* Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow. | <b>Mondays</b><br><b>11:00 – 11:45am</b><br><br><b>Nov 10<sup>th</sup> class will be at</b><br><b>Norwood Town Hall</b><br><b>(2357 Cty Rd 45</b><br><b>Norwood)</b> |

| LAKEFIELD                                                                                                                                                                                                                                                                                                                                         |  |                                                                                                                            | For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655 |  |
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| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                                                                                |  | LOCATION                                                                                                                   | DAY & TIME                                                                                            |  |
|  <b>Zumba Gold</b><br>Jasmine Murray<br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.                                                                                                                                         |  | <b>Lakefield Legion</b><br>10 Nicholls St<br>Donations appreciated                                                         | Monday:<br>9:00 – 10:00 am                                                                            |  |
|  <b>Cardio &amp; Weights</b><br>Krista Skutovich<br><b>Level ***</b><br>An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.                      |  | <b>Lakefield Legion</b><br>10 Nicholls St<br>Donations appreciated                                                         | Thursday:<br>9:00 – 9:45 am                                                                           |  |
|  <b>Bodies in Balance</b><br>Wed – Rachel Jenkins<br>Thurs – Krista Skutovich<br><b>Level **</b><br>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><br>91 Concession St<br>*Check in with Front Desk. Be prepared to be COVID screened each visit. | Wednesday:<br>11:15 – 11:45 am<br>Thursday:<br>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**

|                                                                                                                                                                                                                                                          |              |                                                                              |                                                                      |
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|  <b>Gentle Chair Strech</b><br><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability. | Steph Bolton | <b>Douro Community Centre - Harvest Room</b><br>2893 Hwy 28 and County Rd. 4 | Friday:<br>1:00 – 2:00 pm<br><br><b>No Class Nov 28<sup>th</sup></b> |
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| <b>MILLBROOK</b>                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                    | For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011 |                                                                                                                                                                                               |
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| <b>CLASS &amp; INSTRUCTOR</b>                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                    | <b>LOCATION</b>                                                                                   | <b>DAY &amp; TIME</b>                                                                                                                                                                         |
|  <b>Mat Stretch and Strengthen</b><br><br><b>Level ***</b><br>Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat. | Patti Dell'Osso                                                                                                                                                                                                                                                                                    | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street                                        | Tuesday:<br>12:00 – 12:45 pm                                                                                                                                                                  |
|                                                                                                                                                                                                                                                       |  <b>Gentle Chair Stretch</b><br><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.                                          | Patti Dell'Osso                                                                                   | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street<br><br>Wednesday:<br>9:00 – 9:45 am<br><br>No Class Nov 5 <sup>th</sup>                                                            |
|                                                                                                                                                                                                                                                       |  <b>Bodies in Balance</b><br><br><b>Level **/**</b><br>Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling. | Patti Dell'Osso                                                                                   | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street<br><br>Also available on Zoom<br><br>Wednesday:<br>10:00 – 10:45 am<br><br>No Class Nov 5 <sup>th</sup>                            |
|                                                                                                                                                                                                                                                       |  <b>Advanced Cardio &amp; Weights</b><br><br><b>Level **/**</b><br>An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.              | Patti Dell'Osso                                                                                   | <b>St. Thomas Anglican Church Hall</b><br>16 Centre Street<br><br>Wednesday:<br>11:00 – 11:45 am<br><br>No Class Nov 5 <sup>th</sup>                                                          |
|                                                                                                                                                                                                                                                       |  <b>Zumba Gold</b><br><br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.                                                                                                      | Jasmine Murray                                                                                    | <b>Cavan Monaghan Community Centre</b><br>(Class is in the Studio Room)<br>986 Peterborough County Rd 10,<br>Millbrook<br><br>Friday:<br>10:30 – 11:30 am<br><br>No Class Nov 7 <sup>th</sup> |

## MILLBROOK CONTINUED

| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                             | LOCATION                                | DAY & TIME                                                         |
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|  <b>Zumba Gold &amp; Toning Combo</b> Jasmine Murray<br><br><b>Level **/**</b><br>Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights. | <b>Millbrook Manor</b><br>2 Manor Drive | Friday:<br>11:45 am – 12:45 pm<br><br>No Class Nov 7 <sup>th</sup> |

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| PETERBOROUGH                                                                                                                                                                                                                                                                                                                                         |                  |                                                                                                                                                                  |                                |
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| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                                                                                   |                  | LOCATION                                                                                                                                                         | DAY & TIME                     |
|  <b>Chair Yoga Dance</b><br><br><b>Level */**</b><br>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.                         | Julie Humphries  | <b>St. John the Evangelist Anglican Church Guild Hall</b><br>99 Brock Street<br><br>(Come in the main doors to the church office and follow signs to Guild Hall) | Tuesday:<br>1:00 – 2:00 pm     |
|  <b>Gentle Chair Stretch</b><br><br><b>Level *</b><br>Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.                                                                                            | Krista Skutovich | <b>St. John the Evangelist Anglican Church Guild Hall</b><br>99 Brock Street<br><br>(Come in the main doors to the church office and follow signs to Guild Hall) | Thursday:<br>1:00 – 1:45 pm    |
|  <b>Bodies in Balance</b><br><br><b>Level **/**</b><br>Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.                                   | Krista Skutovich | <b>St. John the Evangelist Anglican Church Guild Hall</b><br>99 Brock Street<br><br>(Come in the main doors to the church office and follow signs to Guild Hall) | Thursday:<br>1:50 – 2:20 pm    |
|  <b>Bodies in Balance &amp; Falls Prevention</b><br><br><b>Level **/**</b><br>Strength, conditioning, and balance exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling. | Shannon Burton   | <b>YMCA Balsillie Family Branch</b><br>123 Aylmer Street South<br>Phone: (705) 748-9622                                                                          | Friday:<br>11:00 am – 12:00 pm |

## Peterborough Continued

| CLASS & INSTRUCTOR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | LOCATION                                                                              | DAY & TIME                                                       |
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|  <b>Zumba Gold</b> Jasmine Murray<br><br><b>Level ***</b><br>Fun low-impact cardio dance moves designed for older adults.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>McDonnel St Activity Center</b><br>577 McDonnel St<br>Phone: (705)742-0050         | Wednesday:<br>9:00 – 9:45 am                                     |
|  <b>Warm Up and Weights</b> Krista Skutovich<br><br><b>Level ***</b><br>An all-round fitness class for older adults. Through bodyweight and dumbbell exercises this class will help you improve your muscle strength, endurance, stability, and mobility. Options for individuals depending on their current level of fitness provided. Some exercises will be done seated in a chair, but most will be done standing behind or beside the chair. Come prepared for a little bit of everything; cardio, weights/strength, core, and balance exercises! Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow. | <b>McDonnel St Activity Center</b><br>577 McDonnel St<br>Phone: (705)742-0050         | Wednesday:<br>10:00 – 10:45 am                                   |
|  <b>Indoor Walking Group *NEW*</b> Krista or Shannon<br><br><b>Level – You Choose!</b><br>Join our Kinesiology student Mackenzie on Tuesdays for an indoor walk on the track at the Miskin Law Community Complex. “Choose your own adventure” and walk at your own pace, whether you prefer a leisurely social stroll, a more intense fitness-centric walk, or anywhere in between. Walk for 5 minutes, or 30 minutes, YOU CHOOSE!                                                                                                                                                                                                                                        | <b>Miskin Law Community Complex Walking Track</b><br>271 Lansdowne St W, Peterborough | Tuesdays in November:<br>Meet at 11:00am<br>You choose how long! |

## POLE WALKING

For our more outdoorsy participants, Michelle Holdforth is leading a pole walking group once per week. The location and schedule may change due to weather conditions. The weather this time of year can be all over the spectrum, please dress appropriately.

**If in doubt regarding class status, please call the class cancellation hotline for updates. 705-775-3083 ext#337(EFP)**

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

- Poles are available to borrow or bring your own
- Please note location may change, or class may be cancelled depending on weather and trail conditions – Michelle will contact you in these cases or call the EFP Cancellation Hotline #705-775-3083 EXT# 337(EFP) - If possible, let Michelle know you plan to attend ahead of time to allow for this.

### **Pole Walking Schedule:**

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

**November Location** – [Robert Johnston Eco Forest Trails • Ontario Nature Trails](#) (Click link for more information on trail)

Address: 185 Douro 5<sup>th</sup> Line, Douro ON – Meet at main trailhead

Tuesday 2:30 – 3:30 pm (weather dependent – please check cancellation hotline)

**Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors in fall- wear layered clothing.** (This time of year the weather can vary greatly hour to hour, layers allow you to adjust.)

Please contact Michelle Holdforth for more information

[Yogasouls101@gmail.com](mailto:Yogasouls101@gmail.com)

Updated November 1, 2025, by S. Burton