




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

Exercise, Falls Prevention & Wellness Program



October 2024

APSLEY For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Exercise and Falls Prevention Class	Mark Best	North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.	Monday and Wednesday: 10:00 – 11:00 am No Class Oct 14th
Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.			
Register: Contact Mark #705-656-2589			

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
<p> Balance 101 Michelle Holdforth</p> <p>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.</p>	<p>Buckhorn Community Centre 1782 Lakehurst Road</p>	<p>Monday: 12:30 – 1:00 pm</p> <p style="color: red;">No Class Oct 14th</p>
<p> Exercise 101 Michelle Holdforth</p> <p>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.</p>	<p>Buckhorn Community Centre 1782 Lakehurst Road</p>	<p>Monday: 1:00 – 1:30 pm</p> <p style="color: red;">No Class Oct 14th</p>

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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
 Bodies in Balance Julie Humphries Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday 10:15 – 10:45 am
 Chair Yoga Julie Humphries Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday: 11:00 am – 12:00 pm
 Zumba Gold Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.	Community Care in Chemung 549 Ennis Rd, Ennismore Basketball courts Ennismore Community Centre (Inclement weather inside Chemung Office - Chemung clients only)	Thursday: 9:00 – 10:00 am
 Chair Yoga Dance Julie Humphries Level ** 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.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 10:15 - 11:15 am
 Chair Yoga Julie Humphries Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 11:30 am - 12:30 pm






CHEMUNG/ENNISMORE Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Toning Jasmine Murray Level: **/**** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.	Community Care in Chemung 549 Ennis Rd, Ennismore Basketball Courts by Ennismore Community Centre (Inclement weather inside Chemung Office - Chemung clients only)	Friday: 9:00 – 10:00 am


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HAVELOCK

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



CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Chair Yoga Stephanie Bolton Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care Havelock 17 Smith Drive	Monday 12:00 – 1:00 pm No Class Oct 14th
 Zumba Gold Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.	Havelock Legion 8 Ottawa Street East	Tuesday: 9:30 – 10:30 am Donations appreciated
 Advanced Weights & Cardio Jasmine Murray Level: ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Havelock Legion 8 Ottawa Street East	Tuesday: 10:45 – 11:45 am Donations appreciated
 Line Dancing Marlene Chaplin Level: *** Choreographed dance routines set to fun music.	Havelock Legion 8 Ottawa Street East	Wednesday: 9:30 – 10:30 am Donations appreciated
 Advanced Weights & Cardio Krista Skutovich Level ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.	Havelock Legion 8 Ottawa Street East	Wednesday: 10:45 – 11:30 am Donations appreciated

HAVELOCK Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Bodies in Balance Krista Skutovich Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Havelock Legion 8 Ottawa Street East	Wednesday: 11:40 am – 12:10 pm Donations Appreciated

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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Circuit Training Krista Skutovich Level *** A low impact full body workout. Bring your own hand weights.	Norwood Legion 27 King Street Shannon covering class Tues Oct 1st	Tuesday: 9:00 – 9:45 am Donations Appreciated
 Line Dancing Marlene Chaplin Level: *** Coreographed dance routines set to fun music.	Norwood Legion 27 King Street	Tuesday: 10:00 – 11:00 am Donations Appreciated

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LAKEFIELD

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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> Zumba Gold Jasmine Murray</p> <p>Level *** Fun low-impact cardio dance moves designed for older adults.</p>	<p>Lakefield Legion 10 Nicholls St</p>	<p>Monday: 9:00 – 10:00 am</p> <p>Donations Appreciated</p> <p>No Class Oct 14th</p>
<p> Cardio & Weights Krista Skutovich</p> <p>Level *** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.</p>	<p>Lakefield Legion 10 Nicholls St</p>	<p>Thursday: 9:00 – 9:45 am</p> <p>Donations Appreciated</p>
<p> Bodies in Balance Wed – Rachel Jenkins Thurs – Krista Skutovich</p> <p>Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p>Regency of Lakefield 91 Concession St</p> <p>*Check in with Front Desk. Be prepared to be COVID screened each visit.</p>	<p>Wednesday: 11:15 – 11:45 am</p> <p>Thursday: 10:00 - 10:30 am</p>

DOURO-DUMMER

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

CLASS & INSTRUCTOR**LOCATION****DAY & TIME** **Gentle Chair Strech**

Steph Bolton






Douro Community Centre - Harvest Room

2893 Hwy 28 and County Rd. 4


Friday:
1:00 – 2:00 pm**No class Oct 25th****Level ***

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.





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MILLBROOK		For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011	
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Mat Stretch and Strengthen Patti Dell'Osso Level *** Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.		St. Thomas Anglican Church Hall 16 Centre Street	Tuesday: 12:00 – 12:45 pm
 Gentle Chair Stretch Patti Dell'Osso Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 9:00 – 9:45 am
 Bodies in Balance Patti Dell'Osso Level **/** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom	Wednesday: 10:00 – 10:45 am
 Advanced Cardio & Weights Patti Dell'Osso Level ***/**** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.		St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 11:00 – 11:45 am
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.		Cavan Monaghan Community Centre (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am

MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Gold & Toning Combo Jasmine Murray Level **/** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	Millbrook Manor 2 Manor Drive	Friday: 11:45 am – 12:45 pm

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PETERBOROUGH			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Chair Yoga Dance Julie Humphries Level */** 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.		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 – 2:00 pm
 Gentle Chair Stretch Krista Skutovich Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		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: 1:00 – 1:45 pm
 Bodies in Balance Krista Skutovich 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.		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: 1:50 – 2:20 pm
 Bodies in Balance & Falls Prevention Shannon Burton Level **/** Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling.		YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 am – 12:00 pm

POLE WALKING

Michelle Holdforth is leading the pole walking group once per week. The location and schedule may change due to weather conditions. If in doubt, 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.*

October Location – Selwyn Beach Conservation –Park & Meet outside the gates.

Address: 2251 Birch Island Rd, Lakefield, ON K0L 2H0

Tuesday 2:30 – 3:30 pm (weather dependent)

NO SESSION TUESDAY OCTOBER 1st

Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors!

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

Updated September 25, 2024 by S. Burton