


## SCHEDULE IN-PERSON SESSIONS

Classes for everyone 55 years +. Start anytime.

Exercise, Falls Prevention & Wellness Program



October 2025

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> Sue Thwaites (Interim)  Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.		<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Rd.	Returning to Mondays AND Wednesdays:  10:00 – 11:00 am  No Class Mon Oct 13th






**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
 <b>Balance 101</b> Michelle Holdforth  <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.	<b>Buckhorn Community Centre</b> 1782 Lakehurst Road  <b>**NEW TIME**</b>	Monday: <b>12:00 – 12:30 pm</b>  Class Cancelled Oct 13 <sup>th</sup>
 <b>Exercise 101</b> Michelle Holdforth  <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.	<b>Buckhorn Community Centre</b> 1782 Lakehurst Road  <b>**NEW TIME**</b>	Monday: <b>12:30 – 1:00 pm</b>  Class Cancelled Oct 13 <sup>th</sup>






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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	
 <b>Bodies in Balance</b> <b>Level **/**</b> Julie Humphries 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> 549 Ennis Rd, Ennismore	Tuesday 10:15 – 10:45 am	
 <b>Chair Yoga</b> <b>Level *</b> Julie Humphries 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> <b>Level: ***</b> Jasmine Murray Fun low-impact cardio dance moves designed for older adults	<b>Ennismore Arts Space Centre</b> 507 Ennis Rd – Jasmine will update	Thursday: 9:00 – 10:00 am	
 <b>Chair Yoga Dance</b> <b>Level **</b> Julie Humphries 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>Oct 23<sup>rd</sup> – Julie Off, Come try Chi Gong instead!</b>	
 <b>Warm Up &amp; Weights</b> <b>Level ***</b> 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. Majority of exercises will be done standing behind or beside a chair. Come prepared for a little bit of everything; cardio, weights/strength, core, and balance exercises!.		Due to low attendance this class is cancelled for the fall.	


## CHEMUNG/ENNISMORE Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <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>Ennismore Arts Space Centre</b> 507 Ennis Rd, Ennismore	Friday: 9:00 – 10:00 am  Class Cancelled Friday Oct 3 <sup>rd</sup> & Oct 31 <sup>st</sup>
 <b>Qigong (“Chi-Gong”)</b> Zhangbo Wenzel <b>Level *</b> <b>*Special*- Once in October Class</b> Qigong class involves learning and practicing gentle movements, breathing techniques, and meditation to cultivate and balance “qi” (life energy). It aims to improve health, reduce stress, and enhance vitality.	<b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Thurs Oct 23 <sup>rd</sup> ONLY 10:15 – 11:15 am

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<b>HAVELOCK</b>			
For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831			
<b>CLASS &amp; INSTRUCTOR</b>		<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <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>Class Cancelled Oct 13<sup>th</sup></b>
 <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  Donations appreciated	Tuesday: 9:30 – 10:30 am
 <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  Donations appreciated	Tuesday: 10:45 – 11:45 am
 <b>Line Dancing</b> <span style="float: right;">Lorraine Day</span>  <b>Level: ***</b> Choreographed dance routines set to fun music.		<b>Havelock Legion</b> 8 Ottawa Street East  Donations appreciated	Wednesday: 9:30 – 10:30 am
 <b>Advanced Weights &amp; Cardio</b> <span style="float: right;">Shannon Burton</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  Donations appreciated	Wednesday: 10:45 – 11:30 am  <b>Class Cancelled Oct 22<sup>nd</sup></b>



## HAVELOCK Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Bodies in Balance</b> Shannon Burton  <b>Level **/**</b> 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> 8 Ottawa Street East  Donations appreciated	Wednesday: 11:40 am – 12:10 pm  Class Cancelled Oct 22 <sup>nd</sup>

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**NORWOOD**

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





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

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**at**  
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## 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](#).

 <b>Zumba Gold</b> <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	<b>Norwood Town Hall</b> 2357 County Rd 45	<b>Friday Oct 3<sup>rd</sup>:</b> <b>10:30 – 11:30 am</b>  <b>(First Friday of the month ONLY)</b>
 <b>Chair Yoga</b> <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Stephanie Bolton	<b>Norwood Town Hall</b> 2357 County Rd 45	<b>Friday Oct 24<sup>th</sup>:</b> <b>10:30 – 11:30 am</b>  <b>(Fourth Friday of the month ONLY)</b>
 <b>The Fundamentals</b> <b>*NEW HYBRID*</b> <b>Level **</b> 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> <b>Millenium Room</b> 88 Alma St  * 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> <b>10:00 – 10:45am</b>
 <b>Advanced Cardio &amp; Weights</b> <b>*NEW HYBRID*</b> <b>Level ***/****</b> 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> <b>Millenium Room</b> 88 Alma St  * 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> <b>11:00 – 11:45am</b>




LAKEFIELD			For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655	
CLASS & INSTRUCTOR		LOCATION	DAY & TIME	
 <b>Zumba Gold</b>  <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray	<b>Lakefield Legion</b> 10 Nicholls St  Donations appreciated	Monday: 9:00 – 10:00 am  Class Cancelled Oct 13 <sup>th</sup>	
 <b>Cardio &amp; Weights</b>  <b>Level ***</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.	Krista Skutovich	<b>Lakefield Legion</b> 10 Nicholls St  Donations appreciated	Thursday: 9:00 – 9:45 am  Class Cancelled Oct 16 <sup>th</sup> & 30 <sup>th</sup>	
 <b>Bodies in Balance</b>  <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.	Wed – Rachel Jenkins Thurs – Krista Skutovich	<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  Class Cancelled Oct 16 <sup>th</sup> & 30 <sup>th</sup>	






**DOURO-DUMMER**

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


**CLASS & INSTRUCTOR****LOCATION****DAY & TIME**

 <b>Gentle Chair Strech</b>  <b>Level *</b> 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> 2893 Hwy 28 and County Rd. 4	Friday: 1:00 – 2:00 pm  <b>Class Cancelled Oct 3<sup>rd</sup> &amp; Oct 31<sup>st</sup></b>
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<b>MILLBROOK</b>			For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011
<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>	
 <b>Mat Stretch and Strengthen</b> <b>Level ***</b> 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> 16 Centre Street	Tuesday: 12:00 – 12:45 pm	
 <b>Gentle Chair Stretch</b> <b>Level *</b> 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> 16 Centre Street	Wednesday: 9:00 – 9:45 am  Class cancelled Oct 8th	
 <b>Bodies in Balance</b> <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.	Patti Dell'Osso  <b>St. Thomas Anglican Church Hall</b> 16 Centre Street  Also available on Zoom	Wednesday: 10:00 – 10:45 am  Class cancelled Oct 8th	
 <b>Advanced Cardio &amp; Weights</b> <b>Level ***/****</b> 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> 16 Centre Street	Wednesday: 11:00 – 11:45 am  Class cancelled Oct 8th	
 <b>Zumba Gold</b> <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	Jasmine Murray  <b>Cavan Monaghan Community Centre</b> (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am  Class Cancelled Oct 3 <sup>rd</sup>	

## MILLBROOK CONTINUED




CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <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  Class Cancelled Oct 3 <sup>rd</sup>

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**PETERBOROUGH**

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
 <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>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> Krista Skutovich  <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  Class Cancelled Oct 30 <sup>th</sup>
 <b>Bodies in Balance</b> Krista Skutovich  <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)	Thursday: 1:50 – 2:20 pm  Class cancelled Oct 30 <sup>th</sup>
 <b>Bodies in Balance &amp; Falls Prevention</b> Shannon Burton  <b>Level **/**</b> 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.	<b>YMCA Balsillie Family Branch</b> 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 am – 12:00 pm

## Peterborough Continued

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>McDonnel St Activity Center</b> 577 McDonnel St Phone: (705)742-0050  <b>Class moved to Nichol's Oval Oct 22<sup>nd</sup> – at Pavillion</b>	Wednesday: 9:00 – 9:45 am
 <b>Warm Up and Weights</b> Krista Skutovich  <b>Level ***</b> 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> 577 McDonnel St Phone: (705)742-0050  <b>Class moved to Nichol's Oval Oct 22<sup>nd</sup> – at Pavillion</b>	Wednesday: 10:00 – 10:45 am
 <b>Indoor Walking Group</b> <b>*NEW*</b> Mackenzie Garside  <b>Level – You Choose!</b> 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> 271 Lansdowne St W, Peterborough	Tuesdays in October: Meet at 11:00am 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.*

#### **October Location – Harold Town Trails**

Address: 2611 Old Norwood Rd – Please meet Michelle in the parking lot

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. This time of year the weather can vary greatly hour to hour, please bring layers.

Please contact Michelle Holdforth for more information

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

Updated September 30, 2025, by S. Burton