












Community Care Peterborough

Exercise, Falls Prevention & Wellness Program

OUTDOOR SESSIONS UPDATED JULY 1, 2021

REGISTRATION IS NOT NEEDED. NOTE UPDATED TIMES AND LOCATIONS. COVID PROTOCOLS IN PLACE.

LOCATION	CLASS & INSTRUCTOR	SETTING	DAY & TIME	FOR INFORMATION RE: WEATHER CANCELATIONS AND DIRECTIONS, ETC.
Buckhorn	 Pole Walking <i>Michelle Holdforth</i>	Kawartha Highlands County Road 36 (2.6 km North of Buckhorn Light)	Thursday 2:00 – 3:00 p.m.	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770
Chemung/ Ennismore	 Chair Yoga <i>Laura Dunford</i>	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday 10:00 – 11:00 a.m.	Contact: Community Care in Chemung Phone: 705-292-8708
	 Pole Walking <i>Michelle Holdforth</i>	Emily Tract (Peace Rd/Kawartha Lakes County Rd 14 – just off County Road 10.	Wednesday 9:30 – 10:30 a.m.	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770
	 Zumba <i>Jasmine Murray</i>	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday 9:30 a.m.	Contact: Community Care in Chemung Phone: 705-292-8708
Havelock	 Zumba <i>Jasmine Murray</i>	Rotary Park 25 Industrial Drive	Tuesday 9:30 a.m.	Contact: Community Care in Havelock Phone: 705-778-7831
Lakefield	 Zumba <i>Jasmine Murray</i>	Isabel Morris Park 20 Concession St	Monday 9:00 a.m.	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Exercise in Park <i>Mary Marsden</i>	Isabel Morris Park 20 Concession St	Tuesday and Friday 9:00 – 10:00 a.m.	Contact: Community Care in Lakefield Phone: 705-652-8655
	 Pole Walking <i>Michelle Holdforth</i>	Robert Johnson Ecoforest Trail 185 5 th Line Douro	Monday 12:30 – 1:30 p.m.	Contact: Michelle Holdforth Email: yogasouls101@gmail.com Phone: 647-965-1770
Millbrook	 Zumba <i>Jasmine Murray</i>	St. Thomas Anglican Church 16 Centre Street	Friday 9:30 – 10:30 a.m.	Contact: Community Care in Millbrook Phone: 705-932- 2011
	 Chair Zumba <i>Jasmine Murray</i>	Millbrook Manor Gazebo 2 Manor Drive	Friday 11:00 – 11:45 a.m.	Contact: Community Care in Millbrook Phone: 705-932- 2011
Peterborough	 Walking Group <i>Tara Carpino</i>	Jackson Creek Kiwanis Trail 610 Parkhill Road West	Wednesday and Friday 10:00 – 11:00 a.m.	Contact: Tara Carpino Email: tara.carpino@gmail.com Phone: 647 891 3569

IMPORTANT NOTES:

- You must follow all new COVID-19 protocols. Bring your own pen. Wear a mask when closer than 3 meters/9 feet.
- Please be sun smart – wear a hat, apply sunscreen, and bring a water bottle. For walking groups – bring insect spray.