

Exercise and Falls Prevention (EFP) Program

Retirement Home Classes – August 2026

All classes in the below schedule are open to members of the community to attend. (You do not need to reside in the retirement home to attend the class.) Participants attending classes are expected to follow the policies put in place by the facility and Public Health.

For more information on these classes, please email us at efp@commcareptbo.org, or contact your local Community Care Office.

Fun & Fitness – A fully seated exercise class that will work on range of motion/mobility, strength and stability.

Bodies N' Balance / Falls Prevention – Class may involve exercises seated in your chair, or standing up beside/behind the chair. These classes are designed to help improve balance, stability and functional movements.

**Please note the indicated Class Level in the schedules.*

Level 1 – Class is fully seated.

Level 2 – Class may include seated and standing exercises. Instructors monitor participant's ability throughout class and may adjust class format to better fit the participants in attendance.

Level 3 – Class may involve more standing exercises than seated. Exercises may be more challenging than a level 2 class.

*If two levels are indicated, the instructor will be able to offer options for participants of both the indicated levels.

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Applewood Retirement Residence

1500 Lansdowne St West, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00 – 11:30 am Falls Prevention - Seated <i>Instructor: Krista</i> Level: 1 Activity Room*			

*Upon entering through the main doors, individuals are required to sign in with the front desk. From the front desk, turn to your right and you will see a hallway beside the cafeteria, follow the hallway to the end and there is a room on the left-hand side (Activity Room).

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Canterbury Gardens

1414 Sherbrooke St West, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:30 am Fun & Fitness <i>Instructor: Angela</i> Level: 1 Atrium* No Class Aug 3rd – Civic Holiday			10:00 – 10:30 am Fun & Fitness – Chi Gong Inspired Style <i>Instructor: Zhangbo</i> Level: 1 Atrium*	10:00 – 10:30 am Fun & Fitness <i>Instructor: Shannon</i> Level: 1 Atrium*
10:35 – 11:05 am Bodies N’ Balance <i>Instructor: Angela</i> Level: 2 Atrium* No Class Aug 3rd & 17th				

* Classes take place in the atrium which is just inside the main doors. Upon entering through the main doors, individuals are required to sign in with the front desk.

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Empress Gardens

131 Charlotte St, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 – 9:30 am Fun & Fitness <i>Instructor: Ann</i> Level: 1 Fireside Lounge*	10:15 – 10:45 am Bodies N' Balance <i>Instructor: Angela</i> Level: 2 Wellness Centre** No Class Aug 12th & 19th		9:00 – 9:30 am Fun & Fitness <i>Instructor: Angela</i> Level: 1 Fireside Lounge*

* Fun & Fitness takes place in the **Fireside Lounge** on the main floor. Upon entering through the main doors, individuals are required to sign in with the front desk. From the main entrance the fireside lounge is just to the right – directly across from the main desk.

** Bodies N' Balance takes place in the **Wellness Centre** on the 3rd floor. Upon entering through the main doors, individuals are required to sign in with the front desk. From the main entrance take the elevator to the 3rd floor. Turn right immediately out of the elevator, the Wellness Centre is down the hall on the left.

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Chartwell Jackson Creek

481 Reid St, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00 – 11:30 am Fun & Fitness <i>Instructor: Ann</i> Level: 1 Activity Room*		10:30 – 11:00 am Fun & Fitness <i>Instructor: Krista</i> Level: 1 Activity Room*	

*Class takes place in the activity room on the 2nd floor. Upon entering through main doors, please sign in at the front desk. From the main entrance take the elevator to the 2nd floor. The Activity Room is the first door on the right after exiting the elevator.

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Princess Gardens

100 Charlotte St, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00 – 10:30 am Fun & Fitness <i>Instructor: Ann</i> Level: 1 Atrium*			10:00 – 10:30 am Fun & Fitness <i>Instructor: Angela</i> Level: 1 Atrium*
				10:45 – 11:15 am Bodies N' Balance <i>Instructor: Angela</i> Level: 2 Atrium*

* Classes takes place in the **Atrium** on the 2nd floor. Upon entering through the main doors, individuals are required to sign in with the front desk. From the main entrance take the elevator to the 2nd floor. Turn left immediately out of the elevator, the atrium is just through the doorway.

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The Regency of Lakefield

91 Concession St, Lakefield

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:30 – 11:15 am Fun & Fitness <i>Instructor: Rachel</i> Level: 1 Common/Coffee Room*	10:00 – 10:30 am Bodies in Balance <i>Instructor: Rachel</i> Level: 2 Common/Coffee Room*	
		11:15 – 11:45 am Bodies in Balance <i>Instructor: Rachel</i> Level: 2 Common/Coffee Room*		

*Class takes place in the common/coffee room on the main floor. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. From the main entrance follow the walkway ahead of you to the right.

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Royal Gardens

1160 Clonsilla Ave, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:30 am Fun & Fitness <i>Instructor: Krista</i> Level: 1 Atrium* No Class Aug 3rd			9:00 – 9:30 am Fun & Fitness – Chi Gong Inspired Style <i>Instructor: Zhangbo</i> Level: 1 Atrium*	9:00 – 9:30 am Fun & Fitness <i>Instructor: Shannon</i> Level: 1 Atrium*
				1:30 – 2:00 pm Bodies N’ Balance <i>Instructor: Shannon</i> Level: 2/3 Fitness Centre**

* Fun & Fitness takes place in the **Atrium**. Upon entering through the main doors, individuals are required to sign in with the front desk. From the main doors go straight ahead and turn right. The atrium is through the doorway. (Directly across from the elevators.)

** Bodies N’ Balance takes place in the **Fitness Centre**. Upon entering through the main doors, individuals are required to sign in with the front desk. From the main doors go straight ahead until you reach the elevators. Take the elevator to the basement. From the elevator follow the hallway to the right, the Fitness Centre is the 2nd doorway on the left AFTER turning the corner.

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Sherbrooke Heights

1434 Sherbrooke St W, Peterborough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:30 am Fun & Fitness <i>Instructor: Angela</i> Level: 1 Activity Room No Class Aug 17th		9:00 – 9:30 am Bodies N' Balance <i>Instructor: Krista</i> Level: 2 Activity Room	9:00 – 9:30 am Fun & Fitness <i>Instructor: Angela</i> Level: 1 Activity Room No Class Aug 13th & 20th	

*Classes take place in the Activity Room on the main floor. Upon entering through the main doors, individuals are required to sign in with the front desk.