









SCHEDULE IN-PERSON SESSIONS

Exercise, Falls Prevention & Wellness Program



September 2023





Apsley		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
<p>  Exercise and Falls Prevention Class <div style="text-align: right;">Mark Best</div> <p>Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance</p> <p>Register: Contact Mark, 705-656-2589</p> </p>	<p> For Information Contact (re: weather cancelations, etc.): Community Care in Apsley 705-656-4589 North Kawartha Community Centre, Banquet Hall 340 McFadden Rd </p>	<p> Monday <u>and</u> Wednesday 10:00 – 11:00 a.m. Last Friday class September 1st First Monday class September 11th </p>

Buckhorn		
For Information Contact (re: weather cancelations, etc.): Community Care in Buckhorn: 705-657-2171		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Balance 101 <p style="text-align: right;">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>	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm
 Exercise 101 <p style="text-align: right;">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>	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 1:00 – 1:30pm

Chemung/Ennismore			For Information Contact (re: weather cancellations, etc.): Community Care in Ennismore 705-292-8708
CLASS & INSTRUCTOR	SETTING	DAY & TIME	
 Chair Yoga <p style="text-align: right;">Julie Humphries</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore	Monday: 1:00 -2:00 pm	
 Chair Yoga Dance <p style="text-align: right;">Julie Humphries</p> <p>Level **</p>	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 10:15 - 11:15 am	
 Chair Yoga <p style="text-align: right;">Julie Humphries</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 11:30 am - 12:30 pm	
 Zumba Gold <p style="text-align: right;">Jasmine Murray</p> <p>Level: *** Fun low-impact cardio dance moves designed for older adults.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore Class runs outdoors in parking lot, weather permitting	Thursday 9:00 – 10:00 am	
 Zumba Toning <p style="text-align: right;">Jasmine Murray</p> <p>Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.</p>	Community Care in Chemung 549 Ennis Rd, Ennismore Class runs outdoors in parking lot, weather permitting	Friday 9:00 – 10:00 am	

Havelock		
For Information Contact (re: weather cancelations, etc.): Community Care in Havelock: 705-778-7831		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Chair Yoga <p style="text-align: right;">Stephanie Bolton</p> <p>Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	Community Care Havelock 17 Smith Dr, Havelock	Monday 12:00 – 1:00 pm
 Zumba Gold <p style="text-align: right;">Jasmine Murray</p> <p>Level: *** Fun low-impact cardio dance moves designed for older adults.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Tuesday: 9:30 – 10:30 am Donations appreciated
 Advanced Cardio & Weights <p style="text-align: right;">Jasmine Murray</p> <p>Level: ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Tuesday: 10:45 – 11:45 am Donations appreciated
 Line Dancing <p style="text-align: right;">Marlene Chaplin</p> <p>Level: *** Choreographed dance routines set to fun music.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 9:30 – 10:30 am Donations appreciated
 Advanced Cardio & Weights <p style="text-align: right;">Melissa Scott</p> <p>Level ****/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 10:45 – 11:30 am Donations appreciated
 Bodies in Balance <p style="text-align: right;">Melissa Scott</p> <p>Level **/*** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.</p>	Havelock Legion 8 Ottawa Street East, Havelock	Wednesday 11:45 am – 12:15 pm Donations appreciated

Norwood		
For Information Contact (re: weather cancelations, etc.): Community Care in Norwood: 705-639-5631		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 <p>Circuit Training Level *** A low impact full body workout. Bring your own hand weights.</p> <p style="text-align: right;">Melissa Scott</p>	<p>Norwood Legion 27 King Street, Norwood</p>	<p>Tuesday: 9:00 – 9:45 am</p> <p>Donations Appreciated</p>
 <p>Line Dancing Level: *** Coreographed dance routines set to fun music.</p> <p style="text-align: right;">Marlene Chaplin</p>	<p>Norwood Legion 27 King Street, Norwood</p>	<p>Tuesday: 10:00 – 11:00 am</p> <p>Donations Appreciated</p>

Lakefield			For Information Contact (re: weather cancelations, etc.): Community Care in Lakefield 705-652-8655		
CLASS & INSTRUCTOR		SETTING	DAY & TIME		
 <p>Zumba Gold Level *** Fun low-impact cardio dance moves designed for older adults.</p>	Jasmine Murray	Lakefield Legion 10 Nicholls St	Monday: 9:00 – 10:00 am		
 <p>Fitness Fusion Level *** Fusing strengthening & stretching exercises with balance and stability exercises in one comprehensive class to increase overall fitness. Bring your own light hand weights.</p>	Chloe Black	Isabel Morris Park 20 Concession St Lakefield Legion 10 Nicholls St	Tuesday 9:00 – 9:45 am Thursday 9:00 – 9:45 am		
 <p>Bodies in Balance Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	Chloe Black	Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit.	Tuesday & Thursday 10:00 - 10:30 am		
 <p>Walking for Balance Join us for a slower paced walk focusing on improving balance, conditioning, and social interaction. Participants are invited to use walking poles (provided or bring your own), or to bring their own walker if required.</p>		Regency of Lakefield 91 Concession St (Meet at main entrance/parking lot)	Class on Hold		






Millbrook






For Information Contact (re: weather cancelations, etc.): Community Care Millbrook: **705-932-2011**

CLASS & INSTRUCTOR.

SETTING

DAY & TIME

 <p>Gentle Chair Stretch Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.</p>	<p>Patti Dell'Osso</p>	<p>St. Thomas Anglican Church Hall 16 Centre Street</p>	<p>Wednesday 9:00 – 9:45 am</p>
 <p>Bodies in Balance 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>Patti Dell'Osso</p>	<p>St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom</p>	<p>Wednesday 10:00 – 10:45 am</p>
 <p>Advanced Cardio & Weights Level ***/**** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.</p>	<p>Patti Dell'Osso</p>	<p>St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom</p>	<p>Wednesday 11:00 – 11:45 am</p>
 <p>Zumba Gold Level *** Fun low-impact cardio dance moves designed for older adults.</p>	<p>Jasmine Murray</p>	<p>St. Thomas Anglican Church Hall 16 Centre Street</p>	<p>Friday 10:30 – 11:30 am</p>
 <p>Zumba Gold & Toning Combo Level **/** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.</p>	<p>Jasmine Murray</p>	<p>Millbrook Manor 2 Manor Dr</p>	<p>Friday 11:45 am – 12:45 pm</p>

Peterborough		SETTING	DAY & TIME
CLASS & INSTRUCTOR			
 Chair Yoga Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Julie Humphries	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street Peterborough Come in the main doors to the church office and follow signs to Guild Hall	Tuesday 1:00 – 1:45 pm
 Gentle Chair Stretch Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Addison Walker	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street Peterborough Come in the main doors to the church office and follow signs to Guild Hall	Thursday 2:00 – 2:45 pm
 Bodies in Balance 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.	Tue-Julie Humphries/Thurs-Addison Walker	St. John the Evangelist Anglican Church Guild Hall 99 Brock Street Peterborough Come in the main doors to the church office and follow signs to Guild Hall	Tuesday 2:00 - 2:30 pm Thursday 3:00 – 3:30pm
 Bodies in Balance 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.	Adam Wilton	YMCA Balsillie Family Branch – 123 Aylmer Street South Peterborough, Ontario Phone: (705) 748-9622	Friday 11:00 – 11:30 am
 Falls Prevention Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, reducing the risk of future falling. With a focus on education, and discussions on ways to reduce the risk of falling, improve balance, and what to do if you do fall.	Adam Wilton	YMCA Balsillie Family Branch – 123 Aylmer Street South Peterborough, Ontario Phone: (705) 748-9622	Friday 11:30 -12:00 pm

POLE WALKING –

Michelle Holdforth will be returning to lead a pole walking group once per week. The locations and schedule may need to change due to weather conditions. We are working on the schedule for these walks and will release it as soon as we know more.

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

- Poles are available to borrow or bring your own
- Please note locations may change, or class may be cancelled depending on weather and trail conditions –Michelle will contact you in these cases (If possible let her know you plan to attend ahead of time to allow for this).

Pole Walking Schedule:

Pole Walking for Balance – On Hold - Summer Break

Pole Walking for Fitness – Tuesday 2:30 – 3:30 pm (weather dependent) at the Isabel Morris Park at 20 Concession St. in Lakefield. Please wear stable footwear as terrain may be uneven. Come prepared for the outdoors – sun protection and bug spray recommended.

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

Pole Walking for Balance – *Our easiest Pole Walking Group. Focus is on improving balance, muscle conditioning, and having the opportunity to socialize at the same time. Participants are also welcome to use a walker if preferred/required.*

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