


## Exercise, Falls Prevention & Wellness Program

Retirement Home Classes – September 2023



*\*Individuals from the public/non-residents of the retirement homes are welcome to attend any of the below classes provided they follow the safety protocols in place by the building they are attending.*

<b>Applewood Retirement Residence</b>		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling	<b>Applewood Retirement Residence</b> <b>1500 Lansdowne St. West, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium which is just inside the main doors.	Tuesday  11:00 – 11:30am  <b>**Classes starting Tues., September 19<sup>th</sup>**</b>

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<b>Canterbury Gardens</b>		
CLASS & INSTRUCTOR	SETTING	DAY & TIME
 <b>Fun &amp; Fitness Seated Exercise</b>  Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	<b>Canterbury Gardens Atrium</b> <b>1414 Sherbrooke St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in at the front desk. Class takes place in the atrium which is just inside the main doors.	Monday, Thursday & Friday  10:00 – 10:30 am
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling	<b>Canterbury Gardens Atrium</b> <b>1414 Sherbrooke St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium which is just inside the main doors.	Monday  10:35 – 11:05am

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<b>Empress Gardens</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <b>Fun &amp; Fitness Seated Exercise</b>  Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	<b>Empress Gardens Chapel (3<sup>rd</sup> floor)</b> <b>131 Charlotte St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the fireside lounge on the main floor. From the main entrance the fireside lounge is just to the right – directly across from the main desk.	Tuesday & Friday:  9:00 – 9:30 am
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>Empress Gardens Wellness Centre(3<sup>rd</sup> floor)</b> <b>131 Charlotte St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the wellness centre on the 3 <sup>rd</sup> floor. From the main entrance take the elevator to the 3 <sup>rd</sup> floor. Turn right immediately out of the elevator, the wellness centre is down the hall on the left.	Wednesday:  10:15 – 10:45 am


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<b>Princess Gardens</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <b>Fun &amp; Fitness Seated Exercise</b>  Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.	<b>Princess Gardens Atrium (2<sup>nd</sup> Floor)</b> <b>100 Charlotte St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium on the 2nd floor. 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.	Tuesday & Friday:  10:00 – 10:30 am
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>Princess Gardens Atrium (2<sup>nd</sup> Floor)</b> <b>100 Charlotte St, Peterborough</b>  *Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium on the 2nd floor. 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.	Friday:  10:45 – 11:15 am



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<b>The Regency of Lakefield</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <b>Falls Prevention</b>  Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	<b>The Regency – Main Floor 91 Concession St, Lakefield</b>  *Individuals are required to wear a mask for the entire duration of their time inside the building. Upon entering through the main doors, individuals are required to fill out the screening questionnaire and leave it with the front desk. Class takes place in the common/coffee room on the main floor. From the main entrance follow the walkway ahead of you to the right.	Tuesday & Thursday:  10:00 – 10:30 am
<b>Pole Walking for Balance</b>  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.	<b>The Regency- Parking Lot 91 Concession St, Lakefield</b>  Meet in the parking lot near the main entrance.	<b>On Break for Summer</b>

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<b>Royal Gardens</b>		
<b>CLASS &amp; INSTRUCTOR</b>	<b>SETTING</b>	<b>DAY &amp; TIME</b>
 <p><b>Fun &amp; Fitness Seated Exercise</b></p> <p>Enjoy the benefits of gentle exercises designed to improve functional strength, range of motion and overall fitness while seated in a chair.</p>	<p><b>Royal Gardens – Atrium</b>  <b>1160 Clonsilla Ave, Peterborough</b></p> <p>*Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the atrium. From the main doors go straight ahead and turn right. The atrium is through the doorway. (Directly across from the elevators.)</p>	<p>Monday, Thursday &amp; Friday:</p> <p>9:00 – 9:30 am</p>
 <p><b>Falls Prevention</b></p> <p>Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.</p>	<p><b>Royal Gardens – Fitness Centre</b>  <b>1160 Clonsilla Ave, Peterborough</b></p> <p>*Masks optional. Upon entering through the main doors, individuals are required to sign in with the front desk. Class takes place in the wellness centre. 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 2<sup>nd</sup> doorway on the left AFTER turning the corner.</p>	<p>Friday:</p> <p>1:30 - 2:00 pm</p>