




## SCHEDULE IN-PERSON SESSIONS

Free classes for everyone 55 years +. Start anytime.

Exercise, Falls Prevention & Wellness Program

September 2024



**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> Mark Best Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.  Register: Contact Mark #705-656-2589	<b>North Kawartha Community Centre, Banquet Hall</b> 340 McFadden Rd.	Monday (starting Mon. Sept 9 <sup>th</sup> ) and Wednesday:  10:00 – 11:00 am  Last Friday class will run Fri Sept. 6 <sup>th</sup>

**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
<p> <b>Balance 101</b> <span style="float: right;">Michelle Holdforth</span></p> <p><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.</p>	<p><b>Buckhorn Community Centre</b> 1782 Lakehurst Road</p>	<p>Monday: 12:30 – 1:00 pm</p> <p style="color: red;">No class Mon. Sept 2<sup>nd</sup></p>
<p> <b>Exercise 101</b> <span style="float: right;">Michelle Holdforth</span></p> <p><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.</p>	<p><b>Buckhorn Community Centre</b> 1782 Lakehurst Road</p>	<p>Monday: 1:00 – 1:30 pm</p> <p style="color: red;">No class Mon. Sept 2<sup>nd</sup></p>

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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> Julie Humphries  <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>Community Care in Chemung</b> 549 Ennis Rd, Ennismore	Tuesday 10:15 – 10:45 am  No class Tues Sept. 10 <sup>th</sup> AND Tues. Sept 17 <sup>th</sup>
 <b>Chair Yoga</b> Julie Humphries  <b>Level *</b> 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  Mark Severin covering class Sept 10 <sup>th</sup> & 17 <sup>th</sup> while Julie is on vacation	Tuesday: 11:00 am – 12:00 pm
 <b>Zumba Gold</b> Jasmine Murray  <b>Level: ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>Community Care in Chemung</b> 549 Ennis Rd, Ennismore Basketball courts Ennismore Community Centre (Inclement weather inside Chemung Office - Chemung clients only)	Thursday: 9:00 – 10:00 am
 <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>Community Care in Chemung</b> 549 Ennis Rd, Ennismore  Michelle covering class Sept 5 <sup>th</sup> & Sept 12 <sup>th</sup> while Julie is on vacation	Thursday: 10:15 - 11:15 am
 <b>Chair Yoga</b> Julie Humphries  <b>Level *</b> 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  Michelle covering class Sept 5 <sup>th</sup> & Sept 12 <sup>th</sup> while Julie is on vacation	Thursday: 11:30 am - 12:30 pm






## 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>Community Care in Chemung</b> 549 Ennis Rd, Ennismore <b>Basketball Courts by Ennismore</b> <b>Community Centre (Inclement weather</b> <b>inside Chemung Office - Chemung</b> <b>clients only)</b>	Friday: 9:00 – 10:00 am


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**HAVELOCK**

For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831



CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 <b>Chair Yoga</b> Stephanie Bolton Level * 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  No class Mon. Sept 2 <sup>nd</sup>
 <b>Zumba Gold</b> Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.		<b>Havelock Legion</b> 8 Ottawa Street East	Tuesday: 9:30 – 10:30 am  Donations appreciated
 <b>Advanced Weights &amp; Cardio</b> Jasmine Murray Level: ***/**** 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	Tuesday: 10:45 – 11:45 am  Donations appreciated
 <b>Line Dancing</b> Marlene Chaplin Level: *** Choreographed dance routines set to fun music.		<b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 9:30 – 10:30 am  Donations appreciated
 <b>Advanced Weights &amp; Cardio</b> Krista Skutovich Level ***/**** 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	Wednesday: 10:45 – 11:30 am  Donations appreciated

## HAVELOCK Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <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, reducing the risk of future falling.	<b>Havelock Legion</b> 8 Ottawa Street East	Wednesday: 11:40 am – 12:10 pm  Donations Appreciated

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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	Tuesday: 9:00 – 9:45 am  Donations Appreciated
 <b>Line Dancing</b> Marlene Chaplin  <b>Level: ***</b> Coreographed dance routines set to fun music.	<b>Norwood Legion</b> 27 King Street	Tuesday: 10:00 – 11:00 am  Donations Appreciated

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**LAKEFIELD**

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






CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> <b>Zumba Gold</b> <span style="float: right;">Jasmine Murray</span></p> <p><b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.</p>	<p><b>Lakefield Legion</b> 10 Nicholls St</p>	<p>Monday: 9:00 – 10:00 am</p> <p>Donations Appreciated</p> <p>No class Mon. Sept 2<sup>nd</sup></p>
<p> <b>Cardio &amp; Weights</b> <span style="float: right;">Krista Skutovich</span></p> <p><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.</p>	<p><b>Lakefield Legion</b> 10 Nicholls St</p>	<p>Thursday: 9:00 – 9:45 am</p> <p>Donations Appreciated</p>
<p> <b>Bodies in Balance</b> <span style="float: right;">Wed – Rachel Jenkins Thurs – Krista Skutovich</span></p> <p><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.</p>	<p><b>Regency of Lakefield</b> 91 Concession St</p> <p>*Check in with Front Desk. Be prepared to be COVID screened each visit.</p>	<p>Wednesday: 11:15 – 11:45 am</p> <p>Thursday: 10:00 - 10:30 am</p>






**MILLBROOK**





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

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 <b>Mat Stretch and Strengthen</b> Patti Dell'Osso  <b>Level ***</b> Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	<b>Tuesday:</b> 12:00 – 12:45 pm
 <b>Gentle Chair Stretch</b> Patti Dell'Osso  <b>Level *</b> Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	<b>Wednesday:</b> 9:00 – 9:45 am
 <b>Bodies in Balance</b> Patti Dell'Osso  <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.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street  Also available on Zoom	<b>Wednesday:</b> 10:00 – 10:45 am
 <b>Advanced Cardio &amp; Weights</b> Patti Dell'Osso  <b>Level **/**</b> An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	<b>St. Thomas Anglican Church Hall</b> 16 Centre Street	<b>Wednesday:</b> 11:00 – 11:45 am
 <b>Zumba Gold</b> Jasmine Murray  <b>Level ***</b> Fun low-impact cardio dance moves designed for older adults.	<b>Cavan Monaghan Community Centre</b> (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	<b>Friday:</b> 10:30 – 11:30 am


## MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
<p> <b>Zumba Gold &amp; Toning Combo</b> Jasmine Murray</p> <p><b>Level **/**</b> Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.</p>	<p><b>Millbrook Manor</b> 2 Manor Drive</p>	<p>Friday: 11:45 am – 12:45 pm</p>

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<b>PETERBOROUGH</b>			
<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) <b>Krista covering September 10<sup>th</sup> &amp; 17<sup>th</sup> with Gentle Chair Stretch class</b>	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
 <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
 <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, and ultimately reducing the risk of future falling.		<b>YMCA Balsillie Family Branch</b> 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 – 11:30 am

**PETERBOROUGH Continued**

<b>CLASS &amp; INSTRUCTOR</b>	<b>LOCATION</b>	<b>DAY &amp; TIME</b>
<p> <b>Falls Prevention</b> Shannon Burton</p> <p><b>Level **</b> 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.</p>	<p><b>YMCA Balsillie Family Branch</b> 123 Aylmer Street South Phone: (705) 748-9622</p>	<p>Friday: 11:30 -12:00 pm</p>

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## POLE WALKING

Michelle Holdforth has returned to leading a pole walking group once per week. The LOCATIONS and schedule may need to change due to weather conditions.

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 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 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.*

Classes currently On Hold

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

Tuesday 2:30 – 3:30 pm (weather dependent) – **September Location** – Meet at the John Earle Chase Trail (also called "John Earle Chase Memorial Park" on Google Maps) located at Anchor Bay Rd. in Curve Lake. Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors!

Please contact Michelle Holdforth for more information  
[Yogasouls101@gmail.com](mailto:Yogasouls101@gmail.com)

Updated August 28, 2024 by M. Scott