


SCHEDULE IN-PERSON SESSIONS

Free classes for everyone 55 years +. Start anytime.



Exercise, Falls Prevention & Wellness Program

September 2025






APSLEY For Information (re: weather, cancellations, etc.) Contact: Community Care in Apsley #705-656-4589		
CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Exercise and Falls Prevention Class Sue Thwaites (Interim) Enjoy the benefits of gentle exercises designed to improve strength, endurance, flexibility and balance.	North Kawartha Community Centre, Banquet Hall 340 McFadden Rd.	Wednesdays ONLY for month of September: 10:00 – 11:00 am No Class Wed Sept 3 rd

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
 Balance 101 Michelle Holdforth 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.	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 12:30 – 1:00 pm Class Cancelled Sept 1 st
 Exercise 101 Michelle Holdforth 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.	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 1:00 – 1:30 pm Class Cancelled Sept 1 st






To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)

CHEMUNG/ENNISMORE			For Information (re: weather cancellations, etc.) Contact: Community Care in Ennismore #705-292-8708
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 Bodies in Balance Level **/** Julie Humphries Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday 10:15 – 10:45 am	
 Chair Yoga Level * Julie Humphries Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Community Care in Chemung 549 Ennis Rd, Ennismore	Tuesday: 11:00 am – 12:00 pm	
 Zumba Gold Level: *** Jasmine Murray Fun low-impact cardio dance moves designed for older adults	Community Care in Chemung 549 Ennis Rd, Ennismore (Outdoors) OR Ennismore Arts Space Centre 507 Ennis Rd – Jasmine will update	Thursday: 9:00 – 10:00 am	
 Chair Yoga Dance Level ** Julie Humphries 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.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thursday: 10:15 - 11:15 am Sept 25th – Julie Off, Come try Chi Gong instead!	
 Warm Up & Weights Level *** Krista Skutovich Through bodyweight and dumbbell exercises this class will help you improve your muscle strength, endurance, stability, and mobility. Options for individuals depending on their current level of fitness provided. Majority of exercises will be done standing behind or beside a chair. Come prepared for a little bit of everything; cardio, weights/strength, core, and balance exercises!.	Community Care in Chemung 549 Ennis Rd, Ennismore *Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow	Thursday: 11:30 am - 12:15 pm	


CHEMUNG/ENNISMORE Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Toning Jasmine Murray Level: **/*** Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes and core. Bring light hand weights.	Community Care in Chemung 549 Ennis Rd, Ennismore (Outdoors) OR Ennismore Arts Space Centre 507 Ennis Rd, Ennismore *Jasmine will update members	Friday: 9:00 – 10:00 am Class Cancelled Friday Sept 5th
 Qigong (“Chi-Gong”) Zhangbo Wenzel Level * *One time Special “Try it Out” Class* Qigong class involves learning and practicing gentle movements, breathing techniques, and meditation to cultivate and balance “qi” (life energy). It aims to improve health, reduce stress, and enhance vitality.	Community Care in Chemung 549 Ennis Rd, Ennismore	Thurs Sept 25th ONLY 10:15 – 11:15 am

To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)

HAVELOCK			
For Information (re: weather cancellations, etc.) Contact: Community Care in Havelock #705-778-7831			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Chair Yoga Stephanie Bolton Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		Community Care Havelock 17 Smith Drive	Monday 12:00 – 1:00 pm Class Cancelled Sept 1st
 Zumba Gold Jasmine Murray Level: *** Fun low-impact cardio dance moves designed for older adults.		Havelock Legion 8 Ottawa Street East Donations appreciated	Tuesday: 9:30 – 10:30 am
 Advanced Weights & Cardio Jasmine Murray Level: ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.		Havelock Legion 8 Ottawa Street East Donations appreciated	Tuesday: 10:45 – 11:45 am
 Line Dancing Lorraine Day Level: *** Choreographed dance routines set to fun music.		Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 9:30 – 10:30 am
 Advanced Weights & Cardio Shannon Burton Level ***/**** Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.		Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 10:45 – 11:30 am



HAVELOCK Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Bodies in Balance Shannon Burton Level **/** Strength, conditioning, balance and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.	Havelock Legion 8 Ottawa Street East Donations appreciated	Wednesday: 11:40 am – 12:10 pm

**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at
#705-775-3083 ext#337(EFP)**

NORWOOD

For Information (re: weather cancellations, etc.) Contact: Community Care in Norwood # 705-639-5631



CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Circuit Training Krista Skutovich Level *** A low impact full body workout. Bring your own hand weights.	Norwood Legion 27 King Street Donations appreciated	Tuesday: 9:00 – 9:45 am
 Line Dancing Marlene Chaplin Level: *** Coreographed dance routines set to fun music.	Norwood Legion 27 King Street Donations appreciated	Tuesday: 10:00 – 11:00 am

To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline
at
#705-775-3083 ext#337(EFP)




NORWOOD CONTINUED....

The below classes are NEW to Community Care in partnership with the Asphodel-Norwood Senior Active Connection Hub.
More information on their programs can be found on their [website](#).

To be added to their email list to stay up to date on **Feel Good Friday** classes please register with your email [here](#).

 Zumba Gold *NEW* Jasmine Murray Level *** In partnership with the Asphodel-Norwood Senior Active Connection Hub , we welcome you to join Jasmine the first Friday of the month for the Zumba Gold edition in “Feel Good Fridays”! Fun low-impact cardio dance moves designed for older adults.	Norwood Town Hall 2357 County Rd 45	Friday Sept 5 th : 10:30 – 11:30 am (First Friday of the month ONLY)
 Chair Yoga *NEW* Stephanie Bolton Level * In partnership with the Asphodel-Norwood Senior Active Connection Hub , we welcome you to join Steph the fourth Friday of the month for the Chair Yoga edition in “Feel Good Fridays”! Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	Norwood Town Hall 2357 County Rd 45	Friday Sept 26 th : 10:30 – 11:30 am (Fourth Friday of the month ONLY)

**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at
#705-775-3083 ext#337(EFP)**

LAKEFIELD			For Information (re: weather cancellations, etc.) Contact: Community Care in Lakefield # 705-652-8655	
CLASS & INSTRUCTOR		LOCATION	DAY & TIME	
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.		Lakefield Legion 10 Nicholls St Donations appreciated	Monday: 9:00 – 10:00 am Class Cancelled Sept 1st	
 Cardio & Weights Krista Skutovich Level *** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights. Bring your own light hand weights.		Lakefield Legion 10 Nicholls St Donations appreciated	Thursday: 9:00 – 9:45 am	
 Bodies in Balance Wed – Rachel Jenkins Thurs – Krista Skutovich Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.		Regency of Lakefield 91 Concession St *Check in with Front Desk. Be prepared to be COVID screened each visit.	Wednesday: 11:15 – 11:45 am Thursday: 10:00 - 10:30 am	

DOURO-DUMMER

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

CLASS & INSTRUCTOR**LOCATION****DAY & TIME** **Gentle Chair Strech**

Steph Bolton

Douro Community Centre - Harvest Room






2893 Hwy 28 and County Rd. 4

Friday:
1:00 – 2:00 pm**Level ***


Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.

Class Cancelled Sept 26th





**To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at
#705-775-3083 ext#337(EFP)**

MILLBROOK			For Information (re: weather cancellations, etc.) Contact: Community Care Millbrook #705-932-2011
CLASS & INSTRUCTOR	LOCATION	DAY & TIME	
 Mat Stretch and Strengthen Patti Dell'Osso Level *** Gentle stretch and strengthen class that includes standing and mat exercises. Bring your own yoga mat.	St. Thomas Anglican Church Hall 16 Centre Street	Tuesday: 12:00 – 12:45 pm	
 Gentle Chair Stretch Patti Dell'Osso Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 9:00 – 9:45 am	
 Bodies in Balance Patti Dell'Osso Level **/** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, and ultimately reducing the risk of future falling.	St. Thomas Anglican Church Hall 16 Centre Street Also available on Zoom	Wednesday: 10:00 – 10:45 am	
 Advanced Cardio & Weights Patti Dell'Osso Level ***/**** An exercise class designed to improve strength, flexibility, balance, and cardiovascular endurance. Bring your own hand weights.	St. Thomas Anglican Church Hall 16 Centre Street	Wednesday: 11:00 – 11:45 am	
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.	Cavan Monaghan Community Centre (Class is in the Studio Room) 986 Peterborough County Rd 10, Millbrook	Friday: 10:30 – 11:30 am Class Cancelled Sept 5th	



MILLBROOK CONTINUED

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Gold & Toning Combo Jasmine Murray Level **/** Fun low-impact cardio dance moves designed for older adults combined with resistance training. Bring your own hand weights.	Millbrook Manor 2 Manor Drive	Friday: 11:45 am – 12:45 pm Class Cancelled Sept 5 th

To stay up to date with classes running or cancellations, call the EFP Cancellation Hotline at #705-775-3083 ext#337(EFP)

PETERBOROUGH			
CLASS & INSTRUCTOR		LOCATION	DAY & TIME
 Chair Yoga Dance Julie Humphries Level */** 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.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Tuesday: 1:00 – 2:00 pm
 Gentle Chair Stretch Krista Skutovich Level * Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:00 – 1:45 pm
 Bodies in Balance Krista Skutovich 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.		St. John the Evangelist Anglican Church Guild Hall 99 Brock Street (Come in the main doors to the church office and follow signs to Guild Hall)	Thursday: 1:50 – 2:20 pm
 Bodies in Balance & Falls Prevention Shannon Burton Level **/** Strength, conditioning, and balance exercises that will lead to improved overall balance and stability, and ultimately increasing strength and reducing the risk of future falling.		YMCA Balsillie Family Branch 123 Aylmer Street South Phone: (705) 748-9622	Friday: 11:00 am – 12:00 pm

Peterborough Continued

CLASS & INSTRUCTOR	LOCATION	DAY & TIME
 Zumba Gold Jasmine Murray Level *** Fun low-impact cardio dance moves designed for older adults.	McDonnel St Activity Center 577 McDonnel St Phone: (705)742-0050	Wednesday: 9:00 – 9:45 am Class Cancelled Sept 24th
 Warm Up and Weights Krista Skutovich Level *** An all-round fitness class for older adults. Through bodyweight and dumbbell exercises this class will help you improve your muscle strength, endurance, stability, and mobility. Options for individuals depending on their current level of fitness provided. Some exercises will be done seated in a chair, but most will be done standing behind or beside the chair. Come prepared for a little bit of everything; cardio, weights/strength, core, and balance exercises! Bring along your own set of weights if you have them at home, a limited number will be available on site to borrow.	McDonnel St Activity Center 577 McDonnel St Phone: (705)742-0050	Wednesday: 10:00 – 10:45 am Class Cancelled Sept 24th

POLE WALKING

Michelle Holdforth is leading the pole walking group once per week. The location and schedule may change due to weather conditions. The weather this time of year can be very hot. Please dress appropriately. **If in doubt regarding class status, please call the class cancellation hotline for updates. 705-775-3083 ext#337(EFP)**

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

- Poles are available to borrow or bring your own
- Please note location 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 Fitness - *A 1-hour class where participants will be walking on potentially unsteady land and walking for fitness.*

September Location – Riverview Park & Zoo – meet kitty corner to zoo entrance/north-west corner of parking lot

Address: 1300 Water St, Peterborough, ON K9J 7G4

Tuesday 2:30 – 3:30 pm (weather dependent – please check cancellation hotline)

NO CLASS TUESDAY SEPTEMBER 23rd

Please wear stable footwear as terrain in can be uneven. Come prepared for the outdoors in summer!

Please contact Michelle Holdforth for more information

Yogasouls101@gmail.com