



Community & Primary Health Care
Making A Difference In Your Community



Seniors Exercise Program

CLASS SCHEDULE—September 2015



- Heart Wise Exercise Location with on-site Automated External Defibrillator (AED)

SENIORS EXERCISE CLASSES

(All Classes are Free)

****Classes run September to May****

Community	Location	Date	Time
Athens	Joshua Bates Centre	Monday & Wednesday	10:00 - 11:00 a.m.
Bolingbroke	ABC Community Hall	Monday	9:30- 10:30 a.m.
Brockville	Highway Pentecostal Church	Monday	9:30 - 10:30 a.m.
Brockville	Highway Pentecostal Church	Monday	1:00 - 2:00 p.m.
Cardinal	St. Paul's Anglican Church	Monday & Friday	12:30—1:30 p.m.
Elgin	Elgin Community Centre	Tuesday	10:00 - 11:00 a.m.
Gananoque	Recreation Centre	Monday & Wednesday	9:15—10:15 a.m.
		Monday & Wednesday	10:30—11:30 a.m.
		Friday	9:15—10:15 a.m.
			10:30—11:30 a.m.
Kemptville	Kemptville Pentecostal Church	Tuesday & Friday	10:00 - 11:00 a.m.
Lansdowne	Lansdowne Community Building	Thursday	10:00 - 11:00 a.m.
Mallorytown	Mallorytown Community Centre	Wednesday	10:30—11:30 a.m.
Merrickville	Merrickville Community Centre	Tuesday & Thursday	10:00 - 11:00 a.m.
Perth	Perth Legion Hall	Monday & Friday	9:30 - 10:30 a.m.
Perth	Perth Civitan Hall	Tuesday & Thursday	9:30 - 10:30 a.m.
Portland	Portland Community Hall	Thursday	10:00 - 11:00 a.m.
Prescott	Prescott Medical Centre	Monday	10:30— 11:30 a.m.
Smith's Falls	Smith's Falls Senior Centre	Monday & Friday	10:00 - 11:00 a.m.
Smith's Falls	Smith's Falls Legion	Wednesday	10:00 - 11:00 a.m.
Smiths Falls	Hanley Hall	Tuesday & Thursday	2:00—3:00 p.m.
Spencerville	St. Andrews Church	Wednesday	10:30 - 11:30 a.m.
Westport	North Crosby Hall	Wednesday	9:30 - 10:30 a.m.

FOR ADDITIONAL INFORMATION PLEASE CONTACT HEATHER MILLER AT

TEL: 613-257-3296 EXT. 2301 or 1-800-465-7646 EXT. 2301

Classes are open to men and women 65+ years of age. Classes are geared towards personal ability, and include functional exercises. This program meets specific Heart Wise Exercise standards designated by the University of Ottawa Heart Institute. No experience required.

Instructors certified through the Canadian Centre for Activity & Aging

"Partners for a Safe and Healthy Community"

A Member Agency of United Way