

FREE DROP-IN SENIORS' EXERCISE CLASSES FALL 2024/WINTER/SPRING 2025

**Carling Community Centre
2 Carling Bay Road**

**Senior's Exercise Class with Judy & Linda
Tuesday and Thursday 10:30 am - 12:00 pm Starting week of
September 9th. Call for more information: 705-342-9714**

**Dunchurch Community Centre
2199 Hwy 124
Walk Fit**

**Monday & Friday 10:00 am - 11:00 am
For start date or more information:705-746-5602**

**Humphrey Community Centre
15 Humphrey Dr.**

**Chair Yoga with Magda
Wednesday at 9:30 am -10:30 am
For start date or more information:705-746-5602**

**Movement and Music Classes for people with
Parkinson's and their care partners**

REGISTRATION REQUIRED

Call or email Julie Lea at

705-746-9011

elea@vianet.ca

McKellar Community Centre - 701 Hwy 124 McKellar
Gentle Exercise and Walking Class with Paula
Monday and Wednesday at 10:30 am -12:00 pm
Starting week of September 23rd
For more information call Paula at 705-389-1450

Orrville Community Centre
1207 Highway 518 - Chair Yoga with Magda
Monday and Friday 9:30 am - 10:30 am
For more information call 705-746-5602

Point Au Baril Community Centre
70 South Shore Road Seniors Exercise with Laurie
Tuesday and Thursday 10:30 am - 12:00 pm
For start date or more information:705-938-1886

Rosseau Wellness Room - 17 Victoria Street, Rosseau
Healthy Aging with Susan
Monday and Wednesday 10:00am to 11:30am
Starting week of September 4th
For more information call Susan at 705-732-6289

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Stand UP for Seniors - 12 weeks basic conditioning before initiating an exercise class

REGISTRATION REQUIRED

**For start date, more information and to register call: Community Support Services at
705-746-5602**

St. James United Church - 24 Mary Street, Parry Sound - Chair Yoga with Magda

Tuesday and Thursday 9:00am – 10:00am

For start date or more information: 705-746-5602

St. James United Church - 24 Mary Street, Parry Sound Indoor Walking Turtle Track

Tuesday and Thursday 9:00 am – 12:00 pm

For more information call 705-746-8553

FUNDED IN PART BY MINISTRY OF LONG TERM CARE THROUGH WEST PARRY SOUND DISTRICT COMMUNITY SUPPORT SERVICES