

OAKVILLE EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Amica Bronte Harbour 160 Bronte Rd Oakville, Ontario L6L 3C1 For more information, call: 1-877-696-1620</p> <p>☆ Accepting Community Participants</p>			<p>9:00 AM - 10:00 AM Exercise - Pump it up</p> <p>10:00 AM - 11:00 AM Exercise - Movement matters</p> <p>11:00 AM - 12:00 PM Falls prevention</p>	<p>9:00 AM - 10:00 AM Exercise - Pump it up</p> <p>10:00 AM - 11:00 AM Exercise - Movement matters</p> <p>11:00 AM - 12:00 PM Falls prevention</p>	

**Chartwell
Oakville**

180 Oak Park
Blvd
Oakville,
Ontario
L6H 0A6
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

1:00 PM - 2:00
PM
Osteoporosis -
Secondary

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise - Pump
it up

9:30 AM - 10:30
AM
Osteoporosis -
Secondary

10:30 AM -
11:30 AM
Falls prevention

11:30 AM -
12:30 PM
Exercise -
Movement
matters

**Chartwell
Waterford
Retirement
Residence**

2160
Baronwood Dr
Oakville,
Ontario
L6M 0Y1

For more information, call: [1-877-696-1620](tel:1-877-696-1620)

☆ **Accepting Community Participants**

1:00 PM - 2:00 PM
Exercise - Pump it up

2:00 PM - 3:00 PM
Falls prevention

1:00 PM - 2:00 PM
Exercise - Pump it up

2:00 PM - 3:00 PM
Falls prevention

Churchill Place

345 Church St
Oakville,
Ontario
L9J 7G4

For more information, call: [1-877-696-1620](tel:1-877-696-1620)

☆ **Accepting Community Participants**

9:00 AM - 10:00 AM
Exercise - Movement matters

10:00 AM - 11:00 AM
Falls prevention

11:00 AM - 12:00 PM
Exercise - Seated Tai Chi

9:00 AM - 10:00 AM
Exercise - Movement matters

10:00 AM - 11:00 AM
Falls prevention

11:00 AM - 12:00 PM
Exercise - Seated Tai Chi

Delmanor Glen Abbey

1459 Nottinghill
Gate
Oakville,
Ontario
L6M 4W1

For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

9:00 AM - 10:00
AM
Exercise -
Movement
matters

11:00 AM -
12:00 PM
Exercise - Pump
it up

9:00 AM - 10:00
AM
Exercise -
Movement
matters

11:00 AM -
12:00 PM
Exercise - Pump
it up

Kensington Retirement Residence

25 Lakeshore
Rd W.
Oakville,
Ontario
L6K 3X8

For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

1:00 PM - 2:00
PM
Exercise -
Movement
matters

1:00 PM - 2:00
PM
Exercise -
Movement
matters

2:00 PM - 3:00
PM
Falls prevention

2:00 PM - 3:00
PM
Falls prevention

Memory & Company

Unit 1, 407
Iroquois Shore
Rd.
Oakville,
Ontario
L6H 1M3
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

9:00 AM - 10:00
AM
Falls prevention

9:00 AM - 10:00
AM
Falls prevention

10:00 AM -
11:00 AM
Exercise -
Movement
matters

10:00 AM -
11:00 AM
Exercise -
Movement
matters

11:00 AM -
12:00 PM
Exercise - Pump
it up

11:00 AM -
12:00 PM
Exercise - Pump
it up

**Oak Park
Neighbourhood
Centre**

2200 Sawgrass

Dr.

Oakville,

Ontario

L6H 7K3

For more
information,

call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

1:00 PM - 2:00
PM
Falls prevention

2:00 PM - 3:00
PM
Exercise -
Movement
matters

3:00 PM - 4:00
PM
Osteoporosis

1:00 PM - 2:00
PM
Falls prevention

2:00 PM - 3:00
PM
Exercise -
Seated Tai Chi

3:00 PM - 4:00
PM
Osteoporosis

**Oakville
Senior
Citizen
Residence
(OSCR)**

2220-2222

Lakeshore Rd

W.

Oakville,
Ontario
L6L 5G5
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

9:00 AM - 10:00
AM
Exercise -
Movement
matters

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated yoga

9:00 AM - 10:00
AM
Exercise -
Movement
matters

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated yoga

1:00 PM - 2:00
PM
Exercise - Pump
it up

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Movement
matters

Palermo Village Retirement

3136 Dundas St
W
Oakville,
Ontario
L6M 0S5
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

1:00 PM - 2:00
PM
Exercise -
Movement
matters

9:00 AM - 10:00
AM
Exercise -
Movement
matters

2:00 PM - 3:00
PM
Falls prevention

10:00 AM -
11:00 AM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated Tai Chi

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

**Queens
Avenue
Retirement**

1056 Queens
Ave.

Oakville,
Ontario

L6H 6R3

For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

1:00 PM - 2:00
PM
Exercise - Pump
it up

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated dance

1:00 PM - 2:00
PM
Exercise -
Movement
matters

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated dance

**St John's
United
Church**

262 Randall St
Oakville,
Ontario

L6J 1P9

For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

1:00 PM - 2:00
PM
Osteoporosis

2:00 PM - 3:00
PM
Exercise - Pump
it up

3:00 PM - 4:00
PM
Exercise -
Seated yoga

9:00 AM - 10:00
AM
Osteoporosis

10:00 AM -
11:00 AM
Exercise - Pump
it up

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

Trafalgar Lodge

299 Randall St
Oakville,
Ontario
L6J 6B4
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

9:00 AM - 10:00
AM
Exercise -
Seated Tai Chi

10:00 AM -
11:00 AM
Exercise -
Movement
matters

11:00 AM -
12:00 PM
Falls prevention

9:00 AM - 10:00
AM
Exercise -
Seated Tai Chi

10:00 AM -
11:00 AM
Exercise -
Movement
matters

11:00 AM -
12:00 PM
Falls prevention

Vistamere

380 Sherin Dr
Oakville,
Ontario
L6L 4J3
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

9:30 AM - 10:30
AM
Simply stretch

10:30 AM -
11:30 AM
Exercise - Pump
it up

11:30 AM -
12:30 PM
Falls prevention

1:00 PM - 2:00
PM
Exercise -
Seated dance

2:00 PM - 3:00
PM
Exercise - Pump
it up

3:00 PM - 4:00
PM
Falls prevention