

OAKVILLE EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Chartwell Classic Oakville 180 Oak Park Blvd Oakville, ON L6H 0A6 For more information, call: 1-877-696-1620	10:00am - 11:00am Osteoporosis	1:00pm - 2:00pm Exercise - Movement matters	1:00pm - 2:00pm Osteoporosis	1:00pm - 2:00pm Exercise - Movement matters	
	11:00am - 12:00pm Osteoporosis - Secondary	2:00pm - 3:00pm Falls prevention	2:00pm - 3:00pm Osteoporosis - Secondary	2:00pm - 3:00pm Falls prevention	
Chartwell Waterford Retirement Residence 2160 Baronwood Drive Oakville, ON		1:00pm - 2:00pm Exercise - Seated Tai Chi		9:00am - 10:00am Exercise - Pump it up	
		2:00pm - 3:00pm		10:00am - 11:00am Falls prevention	

L6M 0Y1
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

Falls prevention

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

11:00am - 12:00pm
Exercise - Seated
yoga

Churchhill Place
(Revera)

345 Church St
Oakville, ON
L9J 7G4

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

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Exercise - Seated Tai
Chi

11:00am - 12:00pm
Exercise - Movement
matters

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Exercise - Seated Tai
Chi

11:00am - 12:00pm
Exercise - Movement
matters

Delmanor Glen Abbey

1459 Nottinghill Gate
Oakville, ON
L6M 4W1

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

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

10:00am - 11:00am
Exercise - Seated Tai
Chi

11:00am - 12:00pm
Falls prevention

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

10:00am - 11:00am
Exercise - Seated Tai
Chi

11:00am - 12:00pm
Falls prevention

Kensington
Retirement Residence
(Revera)

25 Lakeshore Rd W
Oakville, ON
L6K 3X8

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

1:00pm - 2:00pm
Exercise - Seated Tai
Chi

2:00pm - 3:00pm
Falls prevention

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

9:00am - 10:00am
Exercise - Seated
yoga

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

March of Dimes
Canada (MODC)

259 Robinson Street
Oakville, ON
L6J 1G6

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

1:00pm - 2:00pm
Exercise - Seated Tai
Chi

2:00pm - 3:00pm
Falls prevention

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

1:00pm - 2:00pm
Exercise - Seated
yoga

2:00pm - 3:00pm
Falls prevention

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

Oaklands/Central
West Specialize
Developmental
Services SENECA
53 Bond Street
Oakville, ON
L6K 1L8
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm Osteoporosis	1:00pm - 2:00pm Osteoporosis	1:00pm - 2:00pm Falls prevention	9:00am - 10:00am Exercise - Movement matters
2:00pm - 3:00pm Osteoporosis - Secondary	2:00pm - 3:00pm Osteoporosis - Secondary	2:00pm - 3:00pm Exercise - Movement matters	10:00am - 11:00am Exercise - Movement matters
		3:00pm - 4:00pm Exercise - Movement matters	11:00am - 12:00pm Falls prevention

Oakville Senior
Citizen Residence
(OSCR)
2220-2222 Lakeshore Rd
W
Oakville, ON
L6L 5G5
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am Exercise - Movement matters	9:30am - 10:30am Osteoporosis	9:00am - 10:00am Exercise - Movement matters	9:30am - 10:30am Osteoporosis
10:00am - 11:00am Falls prevention	10:30am - 11:30am Osteoporosis - Secondary	10:00am - 11:00am Falls prevention	10:30am - 11:30pm Osteoporosis - Secondary
11:00am - 12:00pm Exercise - Seated Tai Chi		11:00am - 12:00pm Exercise - Seated Tai Chi	

Palermo United Church SENECA
2521 Dundas St West
Oakville, ON
L6M 4J4
For more information, call: [1-877-696-1620](tel:1-877-696-1620)

10:00am - 11:00am
Osteoporosis

11:00am - 12:00pm
Osteoporosis - Secondary

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

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

11:00am - 12:00pm
Falls prevention

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

2:00pm - 3:00pm
Falls prevention

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

10:00am - 11:00am
Osteoporosis

11:00am - 12:00pm
Osteoporosis - Secondary

Palermo Village Retirement
3136 Dundas St W,
Oakville, ON, ON
L6M 4J3
For more information, call: [1-877-696-1620](tel:1-877-696-1620)

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

2:00pm - 3:00pm
Falls prevention

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

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

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated Tai Chi

Queens Avenue Retirement
1056 Queens Ave

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

2:00pm - 3:00pm
Falls prevention

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

2:00pm - 3:00pm
Falls prevention

Oakville, ON
L6H 6R3
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

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

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

Seniors Life
Enhancement Centre
(SLEC) Community

2030 Bristol Circle #120
Oakville, ON
L6H 6P5

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

10:15am - 11:15am
Exercise - Movement
matters

10:15am - 11:15am
Exercise - Movement
matters

11:15am - 12:15pm
Exercise - Movement
matters

11:15am - 12:15pm
Exercise - Movement
matters

Trafalgar Lodge
(Revera)

299 Randall St
Oakville, ON
L6J 6B4

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

9:00am - 10:30am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

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

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters
