

## OAKVILLE EXERCISE SCHEDULE

COVID-19 Update – Lifemark Seniors Wellness and our Valued Community Partners are working together to re-open their doors to Older Adults and Seniors in the Community. We have a selected number of sites that have re-opened. Please click on “View Schedules” to see what sites are available to attend for in person programming. Please note that there is limited space available so please call **Lifemark Seniors Wellness** at [1-800-315-4417](tel:1-800-315-4417) to register. Only those that are registered will be permitted to attend the program.

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Chartwell Oakville 180 Oak Park Blvd Oakville, ON L6H 0A6 For more information, call: <a href="tel:1-877-696-1620">1-877-696-1620</a> ☆ Accepting Community Participants		2:30pm - 3:30pm Exercise - Movement matters	1:00pm - 2:00pm Osteoporosis	1:00pm - 2:00pm Exercise - Movement matters	9:00am - 10:00am Osteoporosis
		3:30pm - 4:30pm Falls prevention	2:00pm - 3:00pm Exercise - Pump it up	2:00pm - 3:00pm Exercise - Pump it up	10:00am - 11:00am Osteoporosis - Secondary
			3:00pm - 4:00pm Falls prevention	3:00pm - 4:00pm Falls prevention	11:00am - 12:00pm Falls prevention

Chartwell Waterford  
Retirement Residence

2160 Baronwood Drive  
Oakville, ON  
L6M 0Y1  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

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

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

10:00am - 11:00am  
Falls prevention

10:00am - 11:00am  
Falls prevention

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

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

Churchill Place  
(Revera)

345 Church St  
Oakville, ON  
L9J 7G4

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

☆ **Accepting Community  
Participants**

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

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

10:00am - 11:00am  
Falls prevention

10:00am - 11:00am  
Falls prevention

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

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

Delmanor Glen Abbey  
1459 Nottinghill Gate

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

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

Oakville, ON  
L6M 4W1  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

10:00am - 11:00am  
Falls prevention

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

10:00am - 11:00am  
Falls prevention

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

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

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

2:00pm - 3:00pm  
Falls prevention

3:00pm - 4:00pm  
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  
yoga

2:00pm - 3:00pm  
Falls prevention

3:00pm - 4:00pm

Exercise - Movement matters

Oak Park  
Neighbourhood  
Centre

2200 Sawgrass Dr  
Oakville, ON  
L6H 7K3

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

☆ Accepting Community  
Participants

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

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

2:00am - 3:00pm  
Falls prevention

2:00pm - 3:00pm  
Falls prevention

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

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

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)

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Seated Tai  
Chi

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

10:00am - 11:00am  
Falls prevention

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

9:00am - 10:00am  
Osteoporosis

10:00am - 11:00am  
Osteoporosis -  
Secondary

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

1:00pm - 2:00pm  
Osteoporosis

2:00pm - 3:00pm  
Osteoporosis -  
Secondary

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

### Palermo Village Retirement

3136 Dundas St W  
Oakville, ON  
L6M 4J3

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

☆ Accepting Community  
Participants

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

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

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

Retirement

1056 Queens Ave  
Oakville, ON  
L6H 6R3

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

☆ Accepting Community  
Participants

2:00pm - 3:00pm  
Falls prevention

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

2:00pm - 3:00pm  
Falls prevention

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

Trafalgar Lodge  
(Revera)

299 Randall St  
Oakville, ON  
L6J 6B4

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

☆ Accepting Community  
Participants

1:00pm - 2:30pm  
Exercise - Seated Tai  
Chi

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

3:00pm - 4:00pm  
Falls prevention

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

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

3:00pm - 4:00pm  
Falls prevention