



Exercise and Falls Prevention Class Schedule

LOCATION	TYPE OF CLASS	DAYS	TIMES	AVAILABILITY
4 Villages Community Health Centre 3446 Dundas St W M6S 2S1	Falls Prevention	Thursday	1:00 pm – 2:00 pm	Waitlisted
			2:30 pm – 3:30 pm	Waitlisted
50 Quebec Ave M6P 4B4	Group Exercise	Friday	12:30 pm – 1:30 pm	Open
Alderwood United Church 44 Delma Dr M8W 4N6	Group Exercise	Thursday	1:00 pm – 2:00 pm	Waitlisted
Central King 15 King St M9N 3X1	Group Exercise	Monday	1:00 pm – 2:00 pm	Open <i>(residents only)</i>
Humbervale Place 1447 Royal York Rd M9P 3V8	Falls Prevention	Thursday	10:00 am – 11:00 am	Waitlisted
			11:00 am – 12:00 am	
Islington Manor 41 Mabelle Ave M9A 5A9	Group Exercise	Thursday	10:00 am – 11:00 am	<i>Opening Soon</i>
Lutheran Lodge 2715 Islington Ave M9V 5H3	Falls Prevention	Friday	10:30 am – 11:30 am	Open <i>(residents only)</i>
North ADS 2245 Lawrence Ave W M9P 3W3	Group Exercise	Tuesday	11:00 am – 12:00 am	<i>Closed group</i>
Rosemount ADS 30 Rosemount Ave M9N 3B3	Group Exercise	Monday	11:00 am – 12:00 am	<i>Closed group</i>
Scarlett Heights Retirement Residence 4005 Eglinton Ave W M9A 5H3	Group Exercise	Tuesday	10:00 am – 11:00 am	Open <i>(residents only)</i>
South ADS 525 Horner Ave M8W 2B9	Falls Prevention	Tuesday	11:00 am – 12:00 am	<i>Closed group</i>
		Friday	1:00 pm – 2:00 pm	



Exercise and Falls Prevention Class Schedule

LOCATION	TYPE OF CLASS	DAYS	TIMES	AVAILABILITY
St James United Church 400 Burnhamthorpe Rd M9B 2A8	Falls Prevention	Friday	9:30 am – 10:30 am	Waitlisted
	Gentle Exercise		10:45 am – 11:45 am	
	Group Exercise		12:00 pm – 1:00 pm	
Stonegate Community Health Centre 10 Neighbourhood Lane, Unit 201, M8Y 0C5	Falls Prevention	Tuesday	10:00 am – 11:00 am	Waitlisted
Ukrainian Canadian Social Services 2445 Bloor St W M6S 1P7	Group Exercise	Monday	10:30 am – 11:30 am	Open

Last Updated: Oct 11, 2023