



## Exercise & Falls Prevention Class Schedule

LOCATION	TYPE OF CLASS	DAYS	TIMES	AVAILABILITY
<b>4 Villages Community Health Centre</b> 3446 Dundas St W M6S 2S1	Falls Prevention	Thursday	1:00 pm – 2:00 pm	Waitlisted
			2:30 pm – 3:30 pm	Waitlisted
<b>50 Quebec Ave</b> M6P 4B4	Group Exercise	Friday	12:30 pm – 1:30 pm	Waitlisted <i>(residents only)</i>
<b>Alderwood United Church</b> 44 Delma Dr M8W 4N6	Group Exercise	Thursday	1:00 pm – 2:00 pm	Waitlisted
<b>Central King Seniors Residence</b> 15 King St M9N 3X1	Group Exercise	Monday	1:00 pm – 2:00 pm	Waitlisted <i>(residents only)</i>
<b>Humbervale Place</b> 1447 Royal York Rd M9P 3V8	Falls Prevention	Thursday	10:00 am – 11:00 am	Waitlisted <i>(residents only)</i>
<b>Our Saviour Thistletown Lutheran Lodge</b> 2715 Islington Ave M9V 5H3	Falls Prevention	Friday	10:30 am – 11:30 am	Waitlisted <i>(residents only)</i>
<b>St James United Church</b> 400 Burnhamthorpe Rd M9B 2A8	Falls Prevention	Friday	10:00 am – 11:00 am	Waitlisted
	Group Exercise		11:30 am – 12:30 pm	
<b>Stonegate Community Health Centre</b> 10 Neighbourhood Lane, Unit 201, M8Y 0C5	Falls Prevention	Tuesday	10:00 am – 11:00 am	Waitlisted
<b>Ukrainian Canadian Social Services</b> 2445 Bloor St W M6S 1P7	Group Exercise	Monday	10:30 am – 11:30 am	Waitlisted