

**Halton
Region -
Friends
Landing**

185 Ontario
Street South
Milton, Ontario
L9T 2M4

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

☆ **Accepting
Community
Participants**

9:00 AM - 10:00
AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Movement
matters

9:00 AM - 10:00
AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Movement
matters

**Halton
Region -
Milton Place**

185 Ontario
Street South
Milton, Ontario
L9T 2M4

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

☆ Accepting Community Participants

10:00 AM - 11:00 AM
Falls prevention

10:00 AM - 11:00 AM
Falls prevention

Martindale Gardens

45 Martin St.
Milton, Ontario
L9T 2R1

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

☆ Accepting Community Participants

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

2:00 PM - 3:00 PM
Exercise - Seated dance

3:00 PM - 4:00 PM
Falls prevention

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

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

3:00 PM - 4:00 PM
Falls prevention

Seasons Milton

760 Bronte St S

Milton, Ontario
L9T 8X4
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

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

2:00 PM - 3:00
PM
Falls prevention

2:00 PM - 3:00
PM
Falls prevention

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

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