

OAKVILLE EXERCISE SCHEDULE

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

**Chartwell
Waterford
Retirement
Residence**

2160
Baronwood Dr
Oakville,
Ontario
L6M 0Y1
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

2:00 PM - 3:00
PM
Falls prevention

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

2:00 PM - 3:00
PM
Falls prevention

**Churchill
Place**

345 Church St
Oakville,
Ontario
L9J 7G4

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

☆ **Accepting
Community
Participants**

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

Delmanor Glen Abbey

1459 Nottinghill
Gate
Oakville,
Ontario
L6M 4W1

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

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Community
Participants

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

11:00 AM -
12:00 PM
Exercise - Pump
it up

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

11:00 AM -
12:00 PM
Exercise - Pump
it up

**Kensington
Retirement
Residence**

25 Lakeshore
Rd W.

Oakville,
Ontario
L6K 3X8

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

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

2:00 PM - 3:00
PM
Falls prevention

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

2:00 PM - 3:00
PM
Falls prevention

☆ Accepting
Community
Participants

Memory & Company

Unit 1, 407
Iroquois Shore
Rd.
Oakville,
Ontario
L6H 1M3
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
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Participants**

9:00 AM - 10:00
AM
Falls prevention

10:00 AM -
11:00 AM
Exercise -
Movement
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Exercise - Pump
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9:00 AM - 10:00
AM
Falls prevention

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

11:00 AM -
12:00 PM
Exercise - Pump
it up

Oak Park Neighbourhood Centre

2200 Sawgrass
Dr.
Oakville,
Ontario
L6H 7K3

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

☆ **Accepting
Community
Participants**

1:00 PM - 2:00 PM
Falls prevention

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

3:00 PM - 4:00 PM
Osteoporosis

1:00 PM - 2:00 PM
Falls prevention

2:00 PM - 3:00 PM
Exercise -
Seated Tai Chi

3:00 PM - 4:00 PM
Osteoporosis

**Oakville
Senior
Citizen
Residence
(OSCR)**

2220-2222
Lakeshore Rd
W.
Oakville,
Ontario
L6L 5G5
For more information,

call: [1-877-696-1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated yoga

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated yoga

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

2:00 PM - 3:00
PM
Falls prevention

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

**Palermo
Village
Retirement**

3136 Dundas St
W

Oakville,
Ontario

L6M 0S5

For more
information,

call: [1-877-696-1620](tel:1-877-696-1620)

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Falls prevention

10:00 AM -
11:00 AM
Falls prevention

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

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

**Queens
Avenue
Retirement**

1056 Queens
Ave.

Oakville,
Ontario

L6H 6R3

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

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Participants

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

2:00 PM - 3:00
PM
Falls prevention

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

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

2:00 PM - 3:00
PM
Falls prevention

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

Trafalgar Lodge

299 Randall St
Oakville,
Ontario
L6J 6B4
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

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Falls prevention

