

## OAKVILLE EXERCISE SCHEDULE

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

**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

**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

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

10:00 AM -  
11:00 AM  
Falls prevention

10:00 AM -  
11:00 AM  
Falls prevention

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

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

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## **Churchill Place**

345 Church St.  
Oakville,  
Ontario  
L6J 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

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

10:00 AM -  
11:00 AM  
Falls prevention

10:00 AM -  
11:00 AM  
Falls prevention

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

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)

☆ Accepting  
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)

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Community  
Participants

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

## 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)

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Community  
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9:00 AM - 10:00  
AM  
Falls prevention

10:00 AM -  
11:00 AM  
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Movement  
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11:00 AM -  
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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

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## 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

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

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



**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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2:00 PM - 3:00  
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10:00 AM -  
11:00 AM  
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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, 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

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

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## **Seniors Life Enhancement Centre**

2030 Bristol  
Circle Suite  
#120

Oakville,  
Ontario  
L6H 6P5

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

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Falls prevention

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Exercise -  
Movement  
matters

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11:00 AM  
Exercise -  
Movement  
matters

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

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

## 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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