

## ETOBICOKE EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Adeline's Lodge</b> 379 Lake Promenade Etobicoke, Ontario M8W 1B9 For more information, call: <a href="tel:1-877-696-1620">1-877-696-1620</a></p> <p>☆ Accepting Community Participants</p>	<p>1:00 PM - 2:00 PM Falls prevention</p>		<p>3:00 PM - 4:00 PM Falls prevention</p>		

## **Centennial Park Place**

25 Centennial  
Park Rd.  
Etobicoke,  
Ontario  
M9C 5H1  
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

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

10:00 AM -  
11:00 AM  
Exercise -  
Seated yoga

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

11:00 AM -  
12:00 PM  
Falls prevention

3:00 PM - 4:00  
PM  
Falls prevention

## **Delmanor Prince Edward**

4180 Dundas  
Street West  
Etobicoke,  
Ontario  
M8X 1X8

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  
Falls prevention

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

1:00 PM - 2:00 PM  
Simply stretch

2:00 PM - 3:00 PM  
Falls prevention

3:00 PM - 4:00 PM  
Exercise - Pump it up

## **Fairfield Residence**

10 Fairfield Ave.  
Etobicoke,  
Ontario  
M8V 2H9

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

☆ **Accepting Community Participants**

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

3:00 PM - 4:00 PM  
Falls prevention

8:45 AM - 9:45 AM  
Falls prevention

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**Franklin  
Horner  
Community  
Center**

432 Horner Ave.  
Etobicoke,  
Ontario  
M8W 2B2

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

☆ **Accepting  
Community  
Participants**

9:00 AM - 10:00  
AM  
Exercise -  
Seated yoga

10:00 AM -  
11:00 AM  
Exercise - Pump  
it up

11:00 AM -  
12:00 PM  
Falls prevention

9:00 AM - 10:00  
AM  
Exercise -  
Seated yoga

10:00 AM -  
11:00 AM  
Exercise - Pump  
it up

11:00 AM -  
12:00 PM  
Falls prevention

9:00 AM - 10:00  
AM  
Exercise -  
Seated yoga

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

11:00 AM -  
12:00 PM  
Falls prevention

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**Jubilee  
Centre**

256 Sheldon  
Etobicoke,  
Ontario  
M8W 4X8

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 -  
Seated yoga

10:00 AM -  
11:00 AM  
Falls prevention

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