

ETOBICOKE EXERCISE SCHEDULE

COVID-19 Update – Lifemark Seniors Wellness and our Valued Community Partners are working together to re-open their doors to Older Adults and Seniors in the Community. We have a selected number of sites that have re-opened. Please click on “View Schedules” to see what sites are available to attend for in person programming. Please note that there is limited space available so please call **Lifemark Seniors Wellness** at [1-800-315-4417](tel:1-800-315-4417) to register. Only those that are registered will be permitted to attend the program.

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adeline's Lodge 379 Lake Promenade Etobicoke, ON M8W 1C1 For more information, call: 1-877-696-1620</p>	<p>6:00pm - 7:00pm Exercise - Seated Tai Chi</p>		<p>8:00pm - 9:00pm Exercise - Seated yoga</p>		

Centennial Park

25 Centennial Park Rd.
Etobicoke, ON
M9C 5H1
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

6:00pm - 7:00pm
Exercise - Movement
matters

7:00pm
Exercise - Seated
yoga

8:00pm - 9:00pm
Falls prevention

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

3:00pm - 4:00pm
Exercise - Seated
yoga

4:00pm - 5:00pm
Falls prevention

Delmanor Prince
Edward

4180 Dundas Street
West
Etobicoke, ON
M8X 1X8
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

☆ Accepting Community
Participants

6:00pm - 7:00pm
Exercise - Seated
yoga

7:00pm - 8:00pm
Falls prevention

8:00pm - 9:00pm
Simply stretch

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

3:00pm - 4:00pm
Falls prevention

4:00pm - 5:00pm
Exercise - Pump it up

Fairfield Residence

10 Fairfield Ave.
Etobicoke, ON
M8V 2H9

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

☆ Accepting Community
Participants

6:00pm - 7:00pm
Exercise - Movement
matters

7:00pm - 8:00pm
Falls prevention

12:45pm - 1:45pm
Exercise - Movement
matters

Franklin Horner
Community Center

432 Horner Ave.
Etobicoke, ON
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

☆ Accepting Community
Participants

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

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

3:00pm - 4:00pm
Falls prevention

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

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

3:00pm - 4:00pm
Falls prevention

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

3:00pm - 4:00pm
Falls prevention

5:00pm - 6:00pm
Exercise - Movement
matters

6:00pm - 7:00pm
Exercise - Pump it up

7:00pm - 8:00pm
Exercise - Movement
matters

Jubilee Centre

256 Sheldon
Etobicoke, ON

5:00pm - 6:00pm
Falls prevention

6:00pm - 7:00pm

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm

M8W 4L9

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

☆ Accepting Community
Participants

Exercise - Seated
yoga

Exercise - Seated
yoga
