

## OAKVILLE 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
Chartwell Classic Oakville 180 Oak Park Blvd Oakville, ON L6H 0A6 For more information, call: <a href="tel:1-877-696-1620">1-877-696-1620</a> ☆ Accepting Community Participants		6:30pm - 7:30pm Exercise - Movement matters	5:00pm - 6:00pm Osteoporosis	5:00pm - 6:00pm Exercise - Movement matters	1:00pm - 2:00pm Osteoporosis
		7:30pm - 8:30pm Falls prevention	6:00pm - 7:00pm Osteoporosis - Secondary	6:00pm - 7:00pm Falls prevention	2:00pm - 3:00pm Osteoporosis - Secondary
			7:00pm - 8:00pm Falls prevention	7:00pm - 8:00pm Falls prevention	3:00pm - 4:00pm Falls prevention

Churchhill Place  
(Revera)

345 Church St  
Oakville, ON  
L9J 7G4

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

☆ Accepting Community  
Participants

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

2:00pm - 3:00pm  
Falls prevention

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

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

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

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

Delmanor Glen Abbey

1459 Nottinghill Gate  
Oakville, ON  
L6M 4W1

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

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

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

4:00pm - 5:00pm  
Falls prevention

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

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

4:00pm - 5:00pm  
Falls prevention

Kensington  
Retirement Residence  
(Revera)

25 Lakeshore Rd W  
Oakville, ON  
L6K 3X8

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

6:00pm - 7:00pm  
Exercise - Seated Tai  
Chi

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Movement  
matters

March of Dimes  
Canada (MODC)

259 Robinson Street  
Oakville, ON  
L6J 1G6

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

6:00pm - 7:00pm  
Exercise - Seated Tai  
Chi

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

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

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

Oaklands/Central  
West Specialize  
Developmental  
Services SENECA

53 Bond Street  
Oakville, ON  
L6K 1L8  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

6:00pm - 7:00pm  
Osteoporosis

7:00pm - 8:00pm  
Osteoporosis -  
Secondary

6:00pm - 7:00pm  
Osteoporosis

7:00pm - 8:00pm  
Osteoporosis -  
Secondary

6:00pm - 7:00pm  
Falls prevention

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

8:00pm - 9:00pm  
Exercise - Movement  
matters

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

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

4:00pm - 5:00pm  
Falls prevention

Oakville Senior  
Citizen Residence  
(OSCR)

2220-2222 Lakeshore Rd  
W  
Oakville, ON  
L6L 5G5  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Seated Tai  
Chi

2:30pm - 3:30pm  
Osteoporosis

3:30pm - 4:30pm  
Osteoporosis -  
Secondary

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Seated Tai  
Chi

2:30pm - 3:30pm  
Osteoporosis

3:30pm - 4:30am  
Osteoporosis -  
Secondary

Palermo United Church SENECA

2521 Dundas St West  
Oakville, ON  
L6M 4J4  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

3:00pm - 4:00pm  
Osteoporosis

4:00pm - 5:00pm  
Osteoporosis -  
Secondary

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

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

4:00pm - 5:00pm  
Falls prevention

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

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

3:00pm - 4:00pm  
Osteoporosis

4:00pm - 5:00pm  
Osteoporosis -  
Secondary

Queens Avenue Retirement

1056 Queens Ave  
Oakville, ON  
L6H 6R3  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

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

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Seated Tai  
Chi

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

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Seated  
yoga

Seniors Life Enhancement Centre (SLEC) Community

2030 Bristol Circle #120

3:15pm - 4:15pm  
Exercise - Movement  
matters

4:15pm - 5:15pm

3:15pm - 4:15pm  
Exercise - Movement  
matters

4:15pm - 5:15pm

Oakville, ON  
L6H 6P5  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

Exercise - Movement  
matters

Exercise - Movement  
matters

Trafalgar Lodge  
(Revera)

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

☆ **Accepting Community  
Participants**

1:00pm - 2:30pm  
Exercise - Seated Tai  
Chi

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

3:00pm - 4:00pm  
Falls prevention

1:00pm - 2:00pm  
Exercise - Seated Tai  
Chi

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

3:00pm - 4:00pm  
Falls prevention