

List of Exercise and Falls Prevention Programs for Older Adults

(Renfrew County and District)



WHICH EXERCISE PROGRAM IS BEST FOR ME?

- I have few worries about my balance
- I am able to exercise at least twice/week which includes:
 - ✓ Getting stronger
 - ✓ Improving my balance and flexibility
 - ✓ Increasing my endurance activities that increase my heart rate (such as a brisk walk)

Goal – To maintain or improve fitness level

I have a HIGH activity level

I need a Level 5 exercise program

It is BEST for me to attend...

Green

Exercise Classes

and/or



- I am worried about my balance
- I can do all of the following:
 - ✓ Stand on one leg for 2 seconds
 - ✓ Climb 10 stairs
 - ✓ Stand for 20 minutes
 - ✓ Walk 1 block without losing my breath or sitting down

Goal – To improve strength and balance, so I can move around more easily

I have a MEDIUM activity level

I need a Level 4 exercise program

It is BEST for me to attend...

Yellow

Exercise Classes

and/or



- I am afraid of falling
- I have difficulty with:
 - ✓ My balance
 - ✓ Getting out of a chair
 - ✓ Walking (I may need a walking aid like a cane or a walker)

Goal – To be more mobile, steady and able to be more independent.

I have a LOW activity level

I need a Level 1, 2 or 3 exercise program




It is BEST for me to attend...






Pink

Exercise Classes


and/or




I have a HIGH activity level	Level 5 Green	Exercise classes for older adults that are not concerned about their balance and can exercise at least twice a week to get stronger, improve balance and flexibility and increase heart rate.
I have a MEDIUM activity level	Level 4 Yellow	Exercise classes for older adults that want to improve their strength and balance so that they can move around more easily.
I have a LOW Activity level	Level 1, 2 or 3 Pink	Exercise classes for older adults who want to be more mobile and steady so that they can be more independent. Level 1: Sitting Chair Class (accelerated cardiovascular activity, range of motion, strength and balance) Level 2: Sitting Chair and/or Standing Class (accelerated cardiovascular activity, range of motion, strength and balance) Level 3: Sitting Chair Class (deep breathing, minimum to moderate cardiovascular activity, range of motion, flexibility)
Paramedic Wellness Clinic		This is a free clinic offered by the County of Renfrew. Anyone is welcome to drop in to have their health checked by a Paramedic (i.e. blood pressure, blood sugar, etc.).
Heart Wise Exercise		Heart Wise Exercise partners with community organizations to develop programming, and designate facilities, programs and classes where individuals can exercise regularly to prevent or limit the effects of living with a chronic health condition.
Community Resource		Places to go to get more information on exercise and falls prevention programs in Renfrew County.

LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
Renfrew County	Renfrew County and District Health Unit	Health Promotion		Health Info Line Phone: 613-735-8666 or 1-800-267-1097 Ext. 666	Renfrew County and District Health Unit provides information, resources and workshops regarding falls prevention to service providers, older adults and their families and caregivers. For more information, contact the Health Info Line at 613-735-8666 or 1-800- 267-1097 Ext. 666.
Renfrew County	County Connections	On-line hub for services		Community Resource Centre (Killaloe) Inc. Phone: 613-757-3108	This is a database of community services that are located in or serving Renfrew County. It is maintained by the Community Resource Centre (Killaloe) Inc. It is intended for use by individuals and organizations looking for services for themselves or others.
Renfrew County	Champlain Health Line	On-line hub for services		edit@champlain.ccac-ont.ca Champlainhealthline.ca c/o Champlain Community Care Access Centre 4200 Labelle Street, Suite 100 Ottawa, Ontario K1J 1J8	www.champlainhealthline.ca website with information relating to health services, news and events in Renfrew County and District. Divided by population, older adults' services are listed on the website. The website also lists all of the Stand Up! falls prevention programs taking place in Renfrew County and gives contact information for each Stand Up! program. Calendar of Physical Activity: http://pacalendar.champlainhealthline.ca/
Renfrew County	Renfrew County 55+ Senior Games	Community Event		Irene Churchill Box 411 Eganville, ON K0J1T0 Tel:613.628.1272 Mieke Mahood 523 O'Brien Street, Pembroke, ON K8A 8E6 Tel: 613-735-5073	The Renfrew County 55+ Senior Games are held yearly in various locations across Renfrew County. The Renfrew County 55+ Senior Games may include; golf, horseshoes, Nordic walking, darts, euchre, cycling, swimming and/or bowling. The games are usually held in the late Spring. Registration required. Please contact Irene or Mieke for more information or visit www.ontarioseniorgames.ca
Renfrew County	211	Telephone / on-line hub for services		www.211ontario.ca OR dial 2-1-1	211 is a helpline and online database of Ontario's community and social services. It is available 24 hours a day, 7 days a week.



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Arnprior	Arnprior Villa- Champlain CCAC	Community Programs	Level 1	Arnprior Villa 15 Arthur Street Arnprior, ON (K7S 1A1) Kim 613-623-0414	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Arnprior	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Arnprior Villa Paramedic Wellness Clinic This is a free clinic offered the <u>last Tuesday of each month</u> between 9:00 a.m. and 11:00 a.m. at Arnprior Villa. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Arnprior	Island View Retirement Suites- Champlain CCAC	Community Programs	Level 1	Island View Retirement Suites 30 Jack Cres. Arnprior, ON (K7S 3Y7) Karen: 613-622-0002	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Arnprior	Town of Arnprior Department of Parks & Recreation, Nick Smith Centre Pool and Champlain CCAC	Community/Municipal Programs	Level 2	Jay Koch Phone: 613-623-7301 Website: www.arnprior.ca Address: 77 James Street Arnprior, ON K7S 1C9	Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.


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Arnprior	Town of Arnprior Department of Parks & Recreation, Nick Smith Centre Pool and Champlain CCAC	Community/Municipal Programs		Jay Koch Phone: 613-623-7301 Website: www.arnprior.ca Address: 77 James Street Arnprior, ON K7S 1C9	<p>Excel Waterfit Excel Waterfit is designed for people who are experiencing limited mobility due to any one of a number of ailments or conditions. This program takes advantage of the natural support and resistance of water to improve muscular strength, balance, mobility, core stability, co-ordination and an overall increase in the feeling of well-being.</p> <p>Get W.I.T.H. It! (Walking In The Halls) The “Get W.I.T.H. It!” Walking Program is held at Arnprior District High School Tuesday and Thursday evenings over the winter months. This program is designated as Heart Wise. For more information call 613-623-7301.</p>
Barry’s Bay, Killaloe and surrounding area	Barry’s Bay and Area Senior Citizens Support Services	Community Programs		Kathy Blomquist, Care Coordinator Phone: 613-757-2827	<p>STAND UP! STAND UP! is a free, 12 week, falls prevention program. The program consists of three parts; group exercises, exercises at home, and discussions that promote home safety and safe behavior. Participants are assessed by a physiotherapist or equivalent regulated health care professional prior to beginning the Stand Up! program and following the completion of the program. The objectives of STAND UP! are to improve balance and leg strength, develop the ability to make adjustments in the home and adopt safe behaviours, enhance a feeling of effectiveness related to fall prevention, help maintain bone density in sites that are most vulnerable to a fracture (wrists, hips and backbone) and encourage the practice of regular physical activity. Registration required. Contact Barry’s Bay and Area Senior Citizens Support Services for further information.</p>

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Barry's Bay, Killaloe and surrounding area	Barry's Bay and Area Senior Citizens Support Services	Community Programs		Kathy Blomquist, Care Coordinator Phone: 613-756-2827 Opeongo Seniors Centre 50+ Club 613-756-0554	50 + Club Adult Fitness Program This is a fitness program offered for members of the Opeongo Seniors Centre 50+ Club (membership fee is \$25/year). The program is held Mondays and Thursday (low mobility class 9:30 a.m.-10:15 a.m. and high mobility class 10:30 a.m.- 11:30a.m.).
Barry's Bay	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Madawaska Valley Association for Community Living (Activities Centre) Paramedic Wellness Clinic This is a free clinic offered the <u>1st Tuesday of each month between 1:00 p.m. and 3:00 p.m.</u> at Madawaska Valley Association for Community Living (Activities Centre). Anyone is welcome to drop in to the Villa to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Barry's Bay	Madawaska Valley District High School	Community Programs		Phone: 613-756-2747	Get W.I.T.H. It! (Walking In The Halls) The 'Get W.I.T.H. It!' Walking Program is held at Madawaska Valley High School evenings from Sept. to March. This program is designated as Heart wise. For more information call 613-756-2747.
Beachburg	Country Haven Retirement Home-Champlain CCAC	Community Programs	Level 1	Country Haven Retirement Home 187 Beachburg Rd. Beachburg, ON (K0J 1C0) Kelly 613-582-7021	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Beachburg	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health &	Community Programs		Betty-Mae Bryanton Phone: 613-582-3685 Fax: 613-582-7095	Gentle Exercise for Seniors Classes are led by certified volunteers through the Canadian Centre for Activity and Aging (CCAA) at the University of Western Ontario. Every MONDAY from 1:30-2:30 p.m. (Whitewater Bromley Community Health Centre) and FRIDAY from 10:00-11:00 a.m. (Whitewater Bromley Community Health Centre). Contact





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	Community Services				Betty-Mae Bryanton for further information. Located at 20 Robertson Drive, Beachburg, ON
Beachburg (location can vary)	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health & Community Services	Community Programs		Lara Mylly Phone: 613-582-3685 Fax: 613-582-7095 Email: lmylly@wbchc.on.ca	Nordic Walking Our 4-week Introduction to Nordic Walking Course is usually held every May and October. Level 2 Nordic Walking Courses are offered to “graduates of our Introduction to Nordic Walking Courses. Contact Lara Mylly for further information.
Beachburg	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health & Community Services	Community Programs		Lara Mylly Phone: 613-582-3685 Fax: 613-582-7095 Email: lmylly@wbchc.on.ca	Get W.I.T.H. It! (Walking In The Halls) The ‘Get W.I.T.H. It!’ walking program is held at Beachburg Public School and Cobden Public School from January to March. Please contact Lara Mylly for further information or visit the website: Get WITH It! . Beachburg (Every Monday and Wednesday starting on January 9 th from 5:00-7:00 p.m.). Cobden (Every Tuesday starting on January 10 th from 5:00-7:00 p.m.).
Beachburg	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health & Community Services	Community Programs		Lara Mylly Phone: 613-582-3685 Fax: 613-582-7095 Email: lmylly@wbchc.on.ca	Fit, Fun & Fully Alive: Group Fitness Classes For Older Adults Classes are led by certified volunteers through the Canadian Centre for Activity and Aging (CCAA) at the University of Western Ontario. Every Tuesday from 8:00-9:00 a.m. (Beachburg Public School) and every Thursday from 8:00-9:00 a.m. (Beachburg Public School). For more information go to this website .



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Calabogie	Calabogie Community Centre- Champlain CCAC	Community Programs	Level 1 and Level 2	Calabogie Community Centre 574 Mill St. Calabogie, ON (K0J 1H0) Cathy 613-752-2222 ext. 206	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Cobden	Caressant Care Cobden-Champlain CCAC	Community Programs	Level 1	Caressant Care Cobden 12 Wren Dr. Cobden, ON (K0J 1K0) Laurie G 613-646-2109	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Cobden	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Whitewater Municipal Building Paramedic Wellness Clinic This is a free clinic offered the 1st Wednesday of each month between 11:00 a.m. and 12:30 p.m. at Whitewater Municipal Building in Cobden. Anyone is welcome to drop in to the Whitewater Municipal Building to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Cobden	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health & Community Services	Community Programs		Betty-Mae Bryanton Phone: 613-582-3685 Fax: 613-582-7095	Gentle Exercise for Seniors Classes are led by certified volunteers through the Canadian Centre for Activity and Aging (CCAA) at the University of Western Ontario. Every Tuesday from 1:30 -2:30 p.m. (Whitewater Bromley Community Health Centre-Cobden office) and Thursday from 1:30 -2:30 p.m. (Whitewater Bromley Community Health Centre-Cobden Office). Contact Betty-Mae for further information. Located at 70 Main Street, Cobden ON.




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Cobden	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health & Community Services	Community Programs		Lara Mylly Phone: 613-582-3685 Fax: 613-582-7095 Email: lmylly@wbchc.on.ca	Fit, Fun & Fully Alive: Group Fitness Classes For Older Adults Classes are led by certified volunteers through the Canadian Centre for Activity and Aging (CCAA) at the University of Western Ontario. Every Monday from 9:00 -10:00 a.m. (Cobden Astrolabe Arena) and every Wednesday from 9:00-10:00 a.m. (Cobden Astrolabe Arena). For more information go to this website .
Deep River	Champlain CCAC in partnership with the RC Vascular Health Program & Heartwise Exercise Program	Community Programs 	<div></div> <div>Level 2</div>	To register or for more information please phone: 1-855-293-7838	Vascular Health Class This exercise program is LHIN funded and provided as part of the Senior Exercise fitness classes (Champlain Community Care Access Center) available at no cost to all Renfrew County residents with vascular disease or at risk of developing vascular disease. The exercise classes are led by instructors that have had Heart Wise Exercise training. The 60 minutes exercises are twice a week and consist of cardiovascular training, strengthening, stretching and cool-down. Individual progress is measured along the way. Education is offered in collaboration with the Renfrew County Vascular Health team from Pembroke Regional Hospital. Classes can be modified to suit the clients ability
Deep River	The Corporation of the Town of Deep River (Recreation Department)	Community Programs		Christine Armstrong, Recreation Coordinator Phone: 613-584-2000 Ext. 103	Aquajog Aquajog is a one hour, deep water, non-impact exercise program. A great jogging program for injuries. A floatation device is provided to maintain proper body alignment while keeping the head above water. This program is offered at the Deep River Community Pool. Get W.I.T.H. It! (Walking In The Halls) The 'Get W.I.T.H. It! walking program is held at Mackenzie


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					Community School over the winter months.
Deep River	North Renfrew Long-Term Care Services Inc.- Champlain CCAC	Community Programs	Level 1	North Renfrew Long-Term Care Services Inc. 47 Ridge St. Deep River, ON (K0J 1P0) Kim Rodgers 613-584-1900	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Deep River	Royal Canadian Legion-Champlain CCAC	Community Programs	Level 1	436 Mceliott Dr. Deep River, ON K0J 1P0	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding. Classes are with Linda Munroe Tuesdays and Thursdays 10:00am-11:00a.m.
Eganville	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Fairfield's Retirement Home Paramedic Wellness Clinic This is a free clinic offered the last Thursday of each month between 10:00 a.m. and 12:00 p.m. at Fairfield's Retirement Home. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Eganville	Eganville and District Seniors-Champlain CCAC	Community Programs	Level 1	Shelley McLeod – Activities Coordinator Phone: 613-628-2354 Address: 30 Bell Street Eganville, ON K0J 1T0	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.

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Eganville	Eganville and District Seniors	Community Programs		Shelley McLeod – Activities Coordinator Phone: 613-628-2354 Address: 30 Bell Street Eganville, ON K0J 1T0	<p>STAND UP! STAND UP! is a free, 12 week, falls prevention program. The program consists of three parts; group exercises, exercises at home, and discussions that promote home safety and safe behavior. Participants are assessed by a physiotherapist or equivalent regulated health care professional prior to beginning the Stand Up! program and following the completion of the program. The objectives of STAND UP! are to improve balance and leg strength, develop the ability to make adjustments in the home and adopt safe behaviours, enhance a feeling of effectiveness related to fall prevention, help maintain bone density in sites that are most vulnerable to a fracture (wrists, hips and backbone) and encourage the practice of regular physical activity. Registration required. Contact Shelley McLeod for further information.</p> <p>Vim & Viger Exercise – High Mobility Tuesday and Thursday 9:00 a.m. sharp. Cost is \$2 per class. Classes are instructed by certified instructors through CCAA (Canadian Centre for Activity and Aging). To register, participants must complete a Par-Q questionnaire and may be required to get written permission from a healthcare professional. Participants are instructed to wear comfortable, loose clothing and running shoes and to bring drinking water and a hand towel to each class. Contact Shelley McLeod for further information.</p> <p>Basic Tai Chi Tuesday at 12:15 p.m. Cost is \$1 per class. This is not a traditional Tai Chi Class. The exercises have been developed using different Tai Chi moves and are great for strengthening core muscles. The</p>





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					<p>class is instructed by a volunteer. To register, participants must complete a Par-Q questionnaire and may be required to get written permission from a healthcare professional. Participants are instructed to wear comfortable, loose clothing and running shoes and to bring drinking water. Contact Shelley McLeod for further information.</p> <p>Yoga Mix A mix of yoga move combined with weight resistance and stretches. To register, participants must complete a Par-Q questionnaire and may be required to get written permission from a healthcare professional. Participants are instructed to wear comfortable, loose clothing and running shoes and to bring drinking water and their own yoga mat if you have one. Contact Shelley McLeod for further information.</p>
Eganville	Champlain CCAC in partnership with the RC Vascular Health Program & Heartwise Exercise Program	Community Programs 	<div>Level 2</div>	To register or for more information please phone: 1-855-293-7838	<p>Renfrew County Vascular Health Exercise Program This exercise program is LHIN funded and provided as part of the Senior Exercise fitness classes (Champlain Community Care Access Center) available at no cost to all Renfrew County residents with vascular disease or at risk of developing vascular disease. The exercise classes are led by instructors that have had Heart Wise Exercise training. The 60 minutes exercises are twice a week and consist of cardiovascular training, strengthening, stretching and cool-down. Individual progress is measured along the way. Education is offered in collaboration with the Renfrew County Vascular Health team from Pembroke Regional Hospital. Classes can be modified to suit the clients' ability.</p>

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Foresters Falls	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health & Community Services	Community Programs		Lara Mylly Phone: 613-582-3685 Fax: 613-582-7095 Email: lmylly@wbchc.on.ca	Fit, Fun & Fully Alive: Group Fitness Classes For Older Adults Classes are led by certified volunteers through the Canadian Centre for Activity and Aging (CCAA) at the University of Western Ontario. Every MONDAY from 9:00-10:00 a.m. (Trinity United Church, Main St.). For more information go to this website .
Golden Lake	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Walker's Landing Restaurant Paramedic Wellness Clinic This is a free clinic offered the last Thursday of each month between 1:00 p.m. and 3:00 p.m. at Walker's Landing Restaurant. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Golden Lake	Algonquins of Pikwakanagan Health Centre-Champlain CCAC	Community Programs	Level 1	Health Services Phone: 613-625-2259	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
The Township of Greater Madawaska	Dacre and Area Community Association Inc. (DACA)	Community Programs		Betty Frost Phone: 613-649-2610 Address: DACA Centre 111 Flat Road, Dacre, ON K0J 1N0	DACA Walking Program Monday (except for holiday Mondays) and Wednesday from 10 – 11 a.m. from October until the end of April, at the DACA Centre. This program is free of charge. Participants must complete a Par-Q questionnaire the first time they attend. This program is designated as Heart wise. For more information call Betty Frost at 613-649-2610

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The Township of Greater Madawaska	The Township of Greater Madawaska	Community Programs		Jordan Wall Phone: 613-752-2222 Address: Township Office 19 Parnell Street, P. O. Box 180 Calabogie, ON K0J 1H0	Exercise and Falls Prevention Class Tuesday & Thursday – at 8:30am at Barnet Cottage. Program designed for those over the age of 65 years to encourage flexibility, stability and strength. All exercises are done with the aid of a chair. For more information contact Susan Veale at 613-752-1540 or visit www.calabogiepilatesandmore.com The program is free of charge.
Griffith	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Griffith Lions' Club Paramedic Wellness Clinic This is a free clinic offered the 3rd Wednesday of each month between 11:00 a.m. and 1:00 p.m. at Griffith Lions' Club. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Horton Township	Horton Township Recreation	Community Programs		Kathleen Rogers Phone: 613-433-3303 Address: Horton Community Centre RR 5, 1005 Castleford Road Renfrew, ON K7V 3Z8 Email: kr Rogers@hortontownship.ca	Senior Aerobics Fall, winter and spring sessions are held from 9:30 – 10:30 a.m. at the Horton Community Centre. Cost - \$5 drop-in fee each class. Pre-registration is required. Participants must also complete a health questionnaire. For more information call Kathleen Rogers at 613-433-3303
Killaloe	Killaloe and District Friendship Club	Community Programs		Lynne Postill, President, Killaloe and District Senior Citizens' Friendship Club Phone: 613-757-3738 Email: Lynne.Postill@Outlook.com	Thai Chi: Yoga and Gentle Exercises Mondays (7:00-8:00pm Laughter Yoga), Tuesdays (6:00-7:00pm. Killaloe Community Yoga Chi), Wednesdays (Gentle exercises in chairs, two sessions of 45 minutes each, in the evenings. Thursdays (6:00-7:00pm. Killaloe Community Yoga Chi and 10:00-11:00am Tai Chi) and Saturdays (9:30-10:30am. Killaloe Community Yoga Chi). Contact Lynne Postill for further information.


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Killaloe	Killaloe and District Friendship Club-Champlain CCAC	Community Programs	Level 1	Lynne Postill, President, Killaloe and District Senior Citizens' Friendship Club Phone: 613-757-3738 Lynne.Postill@Outlook.com	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Killaloe, Barry's Bay and surrounding area	Barry's Bay and Area Senior Citizens Support Services	Community Programs		Kathy Blomquist, Care Coordinator Phone: 613-757-2827	STAND UP! STAND UP! is a free, 12 week, falls prevention program. The program consists of three parts; group exercises, exercises at home, and discussions that promote home safety and safe behavior. Participants are assessed by a physiotherapist or equivalent regulated health care professional prior to beginning the Stand Up! program and following the completion of the program. The objectives of STAND UP! are to improve balance and leg strength, develop the ability to make adjustments in the home and adopt safe behaviours, enhance a feeling of effectiveness related to fall prevention, help maintain bone density in sites that are most vulnerable to a fracture (wrists, hips and backbone) and encourage the practice of regular physical activity. Registration required. Contact Barry's Bay and Area Senior Citizens Support Services for further information.
Killaloe, Barry's Bay and surrounding area	Barry's Bay and Area Senior Citizens Support Services	Community Programs		Kathy Blomquist, Care Coordinator Phone: 613-756-2827 Opeongo Seniors Centre 50+ Club 613-756-0554	Imagine Feeling Great The Imagine Feeling Great program takes place at the Killaloe Lions Hall every Monday and Wednesday from 10:00 a.m. – 11:00a.m. The training is facilitated by trained Senior Fitness Instructors (Canadian Centre for Activities and Aging). No cost to participants however, donations are happily accepted. Please call Kathy for more information.



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McNab/ Braeside	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Braeside RA Centre (Jan-May and Sept.-Nov.) Paramedic Wellness Clinic This is a free clinic offered the last Tuesday of each month between 6:00 p.m. and 7:00 p.m. at Braeside RA Centre (January to May and September to November). Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Pembroke	City of Pembroke	Community Programs		Kinsmen Pool – City of Pembroke Phone: 613-735-6821 Ext 1506 424 Herbert Street Pembroke, ON	Aquafit Classes September-June: Tuesday and Thursday Afternoons September-June: Monday and Thursday 7:00 am-8:00 am Call for times and details: 613-735-6821 Ext. 1506
Pembroke	City of Pembroke	Community Programs		Kinsmen Pool – City of Pembroke Phone: 613-735-6821 Ext 1506 Address: 424 Herbert Street Pembroke, ON	Red Cross Ladies Swim Program Monday and Fridays 9:00 am - 10:00 am Adult Learn to Swim Classes Wednesdays: 7:00 am – 8:00 am Call for dates, times and details: 613-735-6821 Ext. 1506
Pembroke	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Miramichi Lodge Paramedic Wellness Clinic This is a free clinic offered the 3rd Tuesday of each month between 9:30 and 11:30 am at Miramichi Lodge. Anyone is welcome to drop in to the Lodge to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.)
Pembroke	Fellowes High School	Community Programs		Phone: 613-735-6858	Get W.I.T.H. It! (Walking In The Halls) The 'Get W.I.T.H. It!' Walking Program is held at Fellowes High School evenings from Dec. to March. This program is designated as Heart Wise. For more information call 613-735-6858.

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Pembroke	Miramichi Lodge	Community Programs		Address: 725 Pembroke Street West Pembroke, ON K8A 8S6 Phone: 613-735-0175 Ext. 215 (Karen Fabian)	Get W.I.T.H. It! Miramichi Lodge Community Walking Program This is a free program which runs Tuesdays & Thursdays between 9:30 and 11:30 am at Miramichi Lodge. Because of our partnership with the University of Ottawa Heart Institute and the County of Renfrew Emergency Services, this walking program meets the criteria of a Heart Wise Exercise Program; Volunteers who are trained in CPR/AED are on site during these times.
Pembroke	Pembroke Civic Complex- Champlain CCAC	Community Programs	Level 2	Pembroke Civic Campus 425 Cecelia St. Pembroke, ON (K8A 1S7) Phone: 613-732-9993 ext. 3218	Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Pembroke	Pembroke Heritage Manor- Champlain CCAC	Community Programs	Level 2	Pembroke Heritage Manor 1111 Pembroke St. W. Pembroke, ON (K8A 8P6) Susanne 613-635-7926 ext. 2206	Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Pembroke	Champlain CCAC in partnership with the RC Vascular Health Program & Heartwise Exercise	Community Programs		To register or for more information please phone: 1-855-293-7838	Renfrew County Vascular Health Exercise Program This exercise program is LHIN funded and provided as part of the Senior Exercise fitness classes (Champlain Community Care Access Center) available at no cost to all Renfrew County residents with vascular disease or at risk of developing vascular disease. The



LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
	Program		Level 2		exercise classes are led by instructors that have had Heart Wise Exercise training. The 60 minutes exercises are twice a week and consist of cardiovascular training, strengthening, stretching and cool-down. Individual progress is measured along the way. Education is offered in collaboration with the Renfrew County Vascular Health team from Pembroke Regional Hospital. Classes can be modified to suit the clients ability.
Pembroke	Pinewood Retirement Residence – Champlain CCAC	Community Programs	Level 1 and Level 2	Pinewood Retirement Residence 1022 Pembroke St. E Pembroke, ON K8A 8A7 Holly MacDonald 613-735-4056 ext. 105	<p>Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class).</p> <p>Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.</p>
Pembroke	Riverview Heights Retirement Residence- Champlain CCAC	Community Programs	Level 2	Riverview Heights Retirement Residence 400 Bell St. Pembroke, ON (K8A 2K5) Geri 613-735-2200 ext. 124	<p>Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.</p>
Pembroke	Senior Citizen’s Drop-In Craft & Activity Centre	Community Programs		Address: 42 Renfrew Street Pembroke, ON K8A 7T6 Phone: 613-735-1226 Email: seniordropin@nrtco.net Website:	<p>An annual membership is required to participate and is open to the citizens of Pembroke and the surrounding area. Contact the Senior Drop-In Centre for further information regarding the following programs:</p> <p>Tai Chi</p>

LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
				www.seniordropin.com	<p>Friday mornings at 10:00 a.m. – 11:30 a.m. Activity fee \$1.00 This is a drop-in program and pre-registration is not required. Contact the Senior Drop-In Centre for further information.</p> <p>Get Fit a Bit Wednesdays at 9:30 a.m. Activity fee \$1.00 A new exercise program with gentle stretching and balance exercises led by Senior Drop-In Centre volunteers. Call the Centre for the most current schedule.</p> <p>Qi-Gong & Yoga Thursday mornings (Qi-Gong @ 10:00 a.m. followed by Yoga from 10:30 a.m. – 11:30 a.m.). This is a registered program and registration cost will vary on the length of the session in weeks; Qi-Gong & Yoga combination based on \$8.00/week or Yoga alone \$7.00/week.</p> <p>Kripalu Yoga Tuesdays @ 5:30 p.m. Kripalu Yoga includes dynamic active posture interweaved with passive yielding poses. You will practice with the intention of balancing your core strength and mobility in muscles (Yang postures), while promoting structural strength and stability (Yin poses). By comparison this style of Yoga would be considered moderate vs. gentle. Based on \$8.00/week.</p> <p>Belly Dancing Tuesday mornings at 10:30 a.m. – 11:30 a.m. This is a registered</p>


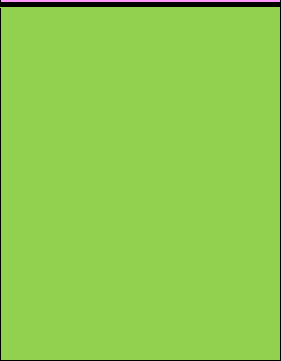
LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
					<p>program and registration cost will vary on the length of the session (# of weeks), based on \$7.00/week.</p> <p>Carpet Bowling Monday afternoon @ 1 p.m. This is a drop-in program. Activity fee \$1.00/person applies.</p> <p>Line Dancing Monday mornings @ 10:00 a.m. (for beginners) 10:30 a.m. for regular and new routines at 11 a.m. This is a drop-in program. Activity fee \$1.00/person applies.</p> <p>Walk in a Hike with Nature Scheduled snowshoeing days on designated easy trails that are surrounded by natural woodlands and plantations. For more information please call the Senior Drop-In Centre.</p> <p>Senior Fitness Class @ the Centre Wednesdays from 7:30-8:30 a.m. and Fridays from 8:30-9:30 a.m. This class is a high level exercise which includes 20 minutes of cardio, resistance training, muscle endurance, flexibility and balance. Activity fee \$1.00/person applies.</p>
Pembroke	West Champlain Family Health Team	Community Programs		Connie Daiken Chronic Disease Management RN Certified Diabetes Educator Phone: 613-735-8051 ext. 201	<p>High Mobility Seniors Fitness Class Certified Senior Fitness Instructor provides a fitness class on Mondays and Wednesdays from 11:00a.m.-12:00p.m. at the Health and Wellness Centre located at 315 Pembroke Street East (please note that this fitness class is only for members of the West Champlain Family Health Team). For more information please</p>





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				Fax: 613-735-9173	<p>contact Connie Daiken.</p> <p>Miramichi Lodge Winter walking program (please note that this is only for members of the West Champlain Family Health Team). For more information please contact Connie Daiken.</p> <p>Pembroke Marina to Riverside Park Walking Program Spring to Fall walking program. Walking takes place on Wednesdays from 4:00p.m.-5:00p.m. (please note that this is only for members of the West Champlain Family Health Team). For more information please contact Connie Daiken.</p>
Pembroke	West Champlain Family Health Team	Community Programs		Connie Daiken Chronic Disease Management RN Certified Diabetes Educator Phone: 613-735-8051 ext. 201 Fax: 613-735-9173	<p>Low Mobility Seniors Fitness Class Fitness class on Wednesdays from 1:00-2:00 p.m. at the Health and Wellness Centre located at 315 Pembroke Street East (please note that this fitness class is only for members of the West Champlain Family Health Team). For more information please contact Connie Daiken.</p> <p>Functional Fitness Fitness class on Thursdays from 10:00- 10:30 a.m. (beginning July 6, 2017). It includes core and body strengthening, balance and some endurance exercises. Please note that this fitness class is only for members of the West Champlain Family Health Team</p>
Pembroke	West Champlain Family Health Team	Community Programs		Connie Daiken Chronic Disease Management RN Certified Diabetes Educator	<p>STAND UP! STAND UP! is a free, 12 week, falls prevention program. The program consists of three parts; group exercises, exercises at home, and discussions that promote home safety and safe behavior. Participants are assessed by a physiotherapist or</p>





LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
				Phone: 613-735-8051 ext. 201 Fax: 613-735-9173	equivalent regulated health care professional prior to beginning the Stand Up! program and following the completion of the program. The objectives of STAND UP! are to improve balance and leg strength, develop the ability to make adjustments in the home and adopt safe behaviours, enhance a feeling of effectiveness related to fall prevention, help maintain bone density in sites that are most vulnerable to a fracture (wrists, hips and backbone) and encourage the practice of regular physical activity. Registration required. The Stand Up! program is open to community members. The program runs for 3 sessions a year (January-March, April-June and September to December). For more information please contact Connie Daiken.
Pembroke	Zion Lutheran Church - Champlain CCAC	Community Programs	Level 2	Zion Lutheran Church 454 Miller St. Pembroke, ON (K8A 5Z4) Ellen Vandersleen 613-732-7649	Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Pembroke/ Petawawa	Upper Ottawa Valley Tai Chi Club	Community Programs		Phone: 613-687-4977 Email: info@ottawavalleytaichi.ca Website: www.ottawavalleytaichi.ca	The Upper Ottawa Valley Tai Chi Club is a not-for-profit group sharing the enjoyment and health benefits of this ancient art form since 1990. Classes run October to May. Weekly instruction is available for any age and fitness level. A Heart Wise Exercise Program Partner. Beginner Classes are: Wednesdays 6:30 p.m.-8:00 p.m. Petawawa Civic Centre, 16 Civic Centre Rd., Petawawa Tuesdays 6:30 p.m. – 8:00 p.m. Algonquin College, 1 College Way, Pembroke

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Petawawa	Champlain CCAC in partnership with the RC Vascular Health Program & Heartwise Exercise Program	Community Programs 	  Level 2	To register or for more information please phone: 1-855-293-7838	Renfrew County Vascular Health Exercise Program This exercise program is LHIN funded and provided as part of the Senior Exercise fitness classes (Champlain Community Care Access Center) available at no cost to all Renfrew County residents with vascular disease or at risk of developing vascular disease. The exercise classes are led by instructors that have had Heart Wise Exercise training. The 60 minutes exercises are twice a week and consist of cardiovascular training, strengthening, stretching and cool-down. Individual progress is measured along the way. Education is offered in collaboration with the Renfrew County Vascular Health team from Pembroke Regional Hospital. Classes can be modified to suit the clients ability.
Petawawa	Silver Threads Seniors Club of Petawawa	Community Programs		Address: 1163 Victoria Street Petawawa, ON K8H 3J1 Phone: 613-687-6574 Website: www.silverthreadspetawawa.ca	Fitness Classes Mondays, Wednesdays and Fridays Yoga Thursdays Line Dancing Contact the Silver Threads Seniors Club of Petawawa for further details at 613-687-6574
Renfrew	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Golden Age Activity Centre Paramedic Wellness Clinic This is a free clinic offered the last Friday of each month between 1:30 p.m. and 2:30 p.m. at Golden Age Activity Centre. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).

LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
Renfrew	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Recreation Centre Paramedic Wellness Clinic This is a free clinic offered the <u>3rd Wednesday of each month between 9:00 a.m. and 10:00 a.m.</u> at Recreation Centre. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Renfrew	Quail Creek Retirement Residence- Champlain CCAC	Community Programs	Level 1	Quail Creek Retirement Residence 150 Albert St. Renfrew, ON K7V 4K4 Reception: 613-432-9502	Level 1 – a 30-60 minute class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Renfrew	Renfrew Golden Age Activity Centre-Champlain CCAC	Community Programs	Level 2	Faye O'Reilly Administrative/Programming Phone: 613-431-8289 Email: infor@renfrewgoldenage.ca 212 Raglan Street South Renfrew, ON K7V 1R1 Website: http://renfrewgoldenage.ca/	Level 2 - a 30-60 minute class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class). These exercise classes are free of charge to seniors through Champlain LHIN funding.
Renfrew	Champlain CCAC in partnership with the RC Vascular Health Program & Heartwise Exercise	Community Programs		To register or for more information please phone: 1-855-293-7838	Renfrew County Vascular Health Exercise Program This exercise program is LHIN funded and provided as part of the Senior Exercise fitness classes (Champlain Community Care Access Center) available at no cost to all Renfrew County residents with vascular disease or at risk of developing vascular disease. The

LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
	Program		Level 2		exercise classes are led by instructors that have had Heart Wise Exercise training. The 60 minutes exercises are twice a week and consist of cardiovascular training, strengthening, stretching and cool-down. Individual progress is measured along the way. Education is offered in collaboration with the Renfrew County Vascular Health team from Pembroke Regional Hospital. Classes can be modified to suit the clients ability.
Renfrew	Renfrew Silver Seniors – Renfrew Legion	Community Programs		Joan Miller Phone: 613-432-2361 Address: Royal Canadian Legion Branch 14 30 Raglan Street South Renfrew, ON K7V 1P7	Walking Program Monday 9:00 a.m. – 11 a.m. from September to June at the Renfrew Legion. This program is free of charge and participants do not have to be members of the Renfrew Silver Seniors. There is no registration required and participants can just drop-in and complete the sign-in sheet. The program is designated as Heart Wise, which means that it is suitable for individuals with or at risk of developing heart disease. For more information call Joan Miller at 613-432-2361.
Renfrew	Town of Renfrew, Parks and Recreation Department	Community Programs/Municipal Programs			Low Mobility/Gentle Exercise Class for Older Adults Monday, Wednesday and Friday 11:15 a.m. – 12:00 p.m. \$3.00 per class (pre-registration is not required). This program introduces physical activity with a slow and individualized progression. Exercise can be done seated, standing or a combination of both. Arrive early to complete paperwork on your first day and to socialize with others in the class. Call the Renfrew Recreation Centre for more information. Forever Active Monday, Wednesday and Friday 10:00a.m. -11:00a.m. \$3.00 per class (pre-registration is not required). This program offers a full workout with warm up, cardiovascular, strength, balance,

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					<p>stretching and cool down components. It is designated as a Heart Wise program.</p> <p>Older Women on Weights Registration is required for this multi-week program that takes place regularly throughout the year. This program is for postmenopausal women who would like to exercise in a safe and supportive environment. Increasing strength is the goal of this fun and active class.</p> <p>Pickleball Pickleball is a racquet sport that combines elements of tennis, badminton and table tennis. It is played by 2-4 players on a court. Pickleball can be played at various times throughout the year at the Recreation Centre.</p> <p>Tai Chi Wednesday evenings at Ma-te-Way Activity Centre. Contact Joy Curry for more information or to register - joy@curryfamily.ca or 613-433-8934</p> <p>Zumba Monday and Tuesday evenings at Ma-te-Way activity Centre. \$5.00 per evening. Contact Peter Boldt for more information – pkboldt@xplornet.com or 613-432-5654</p>
Renfrew	Town of Renfrew, Parks and Recreation	Community Programs/Municipal Programs		Jo-anne Caldwell Recreation Centre phone: 613-432-3131	<p>STAND UP! STAND UP! is a free, 12 week, falls prevention program. The program consists of three parts; group exercises, exercises at</p>

LOCATION	PROVIDER	TYPE	LEVEL	CONTACT	ADDITIONAL INFORMATION
	Department			Email: icaldwell@renfrew.ca Address: 67 Argyle Street Renfrew, ON K7V 1T2	home, and discussions that promote home safety and safe behavior. Participants are assessed by a physiotherapist or equivalent regulated health care professional prior to beginning the Stand Up! program and following the completion of the program. The objectives of STAND UP! are to improve balance and leg strength, develop the ability to make adjustments in the home and adopt safe behaviours, enhance a feeling of effectiveness related to fall prevention, help maintain bone density in sites that are most vulnerable to a fracture (wrists, hips and backbone) and encourage the practice of regular physical activity. Registration required. Contact the Recreation Centre to be put on the list for the next classes.
Renfrew	St. Joseph's Catholic High School	Community Programs		Phone: 613-432-5846	Get W.I.T.H. It! (Walking In The Halls) The 'Get W.I.T.H. It!' Walking Program is held at St. Joseph's Catholic High School on Tuesday and Thursday evenings over the winter months. This program is designated as Heart Wise. For more information call 613-432-5846.
Stonecliffe	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Phone: 613-735-3675 Ext. 500 Address: 9 International Drive Pembroke, ON K8A 6W5	Head, Clara, & Maria Township Paramedic Wellness Clinic This is a free clinic offered the <u>2nd Wednesday of each month between 10:00 a.m. and 12:00 p.m.</u> at Head, Clara, & Maria Township Office. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).
Westmeath	County of Renfrew Paramedic Service	Community Programs		Emergency Services Department Address: Phone: 613-735-3675 Ext. 500 9 International Drive Pembroke, ON K8A 6W5	Westmeath Recreation Hall Paramedic Wellness Clinic This is a free clinic offered the <u>2nd Wednesday of each month between 1:30 p.m. and 3:30 p.m.</u> at Westmeath Recreation Hall. Anyone is welcome to drop in have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).

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Westmeath	Whitewater Bromley Community Health Centre, A part of Lanark Renfrew Health & Community Services	Community Programs		Lara Mylly Phone: 613-582-3685 Fax: 613-582-7095 Email: lmylly@wbchc.on.ca	Fit, Fun & Fully Alive: Group Fitness Classes For Older Adults Classes are led by certified volunteers through the Canadian Centre for Activity and Aging (CCAA) at the University of Western Ontario. Every MONDAY from 7:00-8:00 p.m. (Westmeath Recreation Centre) and every THURSDAY from 9:00-10:00 a.m. (Westmeath Recreation Centre). For more information go to this website .

