

Together in Movement and Exercise (TIME™) Program Listings

TIME™ is a group exercise program originally designed by Toronto Rehab-UHN physiotherapists and led by fitness instructors at local community centres across Canada. The program was developed for adults who have challenges with balance and mobility.

This program is for you if you want to:

- Get Fit and Increase Your Energy
- Be More Confident in Your Balance
- Feel Stronger and More Active
- Enjoy the Many Benefits of Exercise
- Move with More Ease in your Home and Community

Join TIME™ in a local community centre for a program that provides safe and beneficial exercise to meet these goals. Classes are one hour long, 1-2 times per week, usually 10-12 weeks.

Participants must be able to walk independently for 10 m (30 feet) with or without a cane or walker. Many of the participants in the class have difficulties with balance or moving around in their home or community due to conditions such as stroke or MS.

Registration fees for the TIME program vary. Please inquire at the specific site in your area. Subsidies may be available from the community centre.

City	Site Name	Address	Program Day & Time	Contact Information
Markham	Centennial Community Centre (called MEND* program)	8600 McCowan Rd Markham, ON L3P 3M2 * Movement and Exercise for Neurological Disorders (MEND) program	Fridays 1:00- 2:00	Manning, Carol 905-294-6111 ext. 4344 cmanning@markham.ca
Markham	Cornell Community Centre (called MEND* program)	3201 Bur Oak Avenue Markham, ON L6B 0T2	Tuesdays 3:00-4:00 or Thursdays 1:00-2:00	Manning, Carol 905-294-6111 ext. 4344 cmanning@markham.ca
Peterborough	Peterborough Sport and Wellness	775 Brealey Drive Peterborough,	Wednesdays & Fridays	Jennifer Bell 705-742-0050 ext 2207

	Centre	ON K9J 6X4	11:30-12:30 (optional social post-class)	
Pickering	Pickering Recreation Complex	1867 Valley Farm Rd Pickering, ON L1V 3Y7	Tuesdays and Thursdays 1:30 - 2:30	Catarina Freire 905-420-4660, ext 3232 cfreire@pickering.ca
Toronto	Cota Acquired Brain Injury Adult Day Services	Providence Healthcare 3276 St. Clair Ave. East. Room K112 Scarborough M1L 1W1	Please contact for information regarding schedule and program eligibility	416-755-2239 abiads@cotainspires.ca
Toronto	Variety Village	3701 Danforth Ave. Scarborough, ON M1N 2G2	Mondays 11:00-12:00	Sherri Risto 416-699-7167 x223 SLRisto@varietyvillage.on.ca
Whitby	Abilities Centre	55 Gordon Street Whitby, ON L1N 0J2	3 sessions: 1) Tuesdays and Thursdays 12:00-1:00 2) Wednesdays and Fridays 12:00-1:00 3) Tuesdays and Thursdays 1:30-2:30	Alison Wilson 905-665-8500 ext. 114 awilson@abilitiescentre.org