

PETERBOROUGH LOCATIONS FOR FALLS PREVENTION AND EXERCISE CLASSES

LOCATION	ADDRESS	TYPE OF PROGRAM	CLASS DAYS	TIME
Applewood Retirement Residence 705-749-1500	1500 Lansdowne Street W.	Falls Prevention Strengthening and Stretching Strengthening and Stretching	Monday / Wednesday / Friday Monday / Wednesday / Friday Monday / Tuesday / Thursday	2:00 PM 10:15 AM 3:30 PM
Canterbury Gardens 705-876-1414	1414 Sherbrooke Heights W.	Falls Prevention Strengthening and Stretching	Tuesday / Thursday Monday through Friday	2:00 PM 10:00 AM
Empress Gardens 705-876-1314	131 Charlotte Street	Falls Prevention Strengthening and Stretching	Monday / Wednesday / Friday Monday through Friday	1:00 PM 9:10AM
Jackson Creek Retirement Residence 705-748-1928	481 Reid Street	Falls Prevention Falls Prevention Strengthening and Stretching	Tuesday / Thursday Friday Monday through Friday	1:00 PM 3:45 PM 10:00 AM
Peterborough Manor Retirement Residence 705-748-5344	1039 Water Street	Falls Prevention Strengthening and Stretching	Tuesday / Thursday Monday through Friday	11:00 AM 9:00 AM
Princess Gardens 705-750-1234	100 Charlotte Street	Falls Prevention Strengthening and Stretching	Monday / Wednesday / Friday Monday through Friday	11:00 AM 10:00 AM
Royal Gardens 705-741-6036	1160 Clonsilla	Falls Prevention Strengthening and Stretching	Tuesday / Thursday Monday through Friday	3:00 PM 11:15 AM
Rubidge Retirement Residence 705-748-4000	246-270 Rubidge Street	Falls Prevention Strengthening and Stretching	Monday through Friday Monday through Friday	11: AM 10:00 AM
St. John's Anglican Church Call: St. John Centre 705-749-0757	99 Brock Street	Falls Prevention Strengthening and Stretching	Monday / Wednesday / Friday Monday / Wednesday / Friday	3:00 PM 2:00 PM
Sherbrooke Heights 705-243-4564	1434 Sherbrooke Street	Falls Prevention Strengthening and Stretching	Monday / Wednesday / Friday Monday through Friday	9:00 AM 9:00 AM



Empowering you to live at home

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