

## WW Gentle Exercise and Stand Up to Falls Sites

All classes are voluntary, self-directed and free of charge. SMART™ (Seniors Maintaining Active Roles Together) trained Gentle Exercise Facilitator staff led 45 minute group gentle exercises (3x/week or 2x/week for 1 hour) in retirement homes or other community settings. WALC (Wellness Active Living Club) are volunteer led, 1 hour classes suitable for more mobile seniors in the community.

Participants are asked to complete a PARQ and Waiver prior to participation.



**BOLDED PROGRAMS ARE OPEN TO THE PUBLIC.** Other sites are limited to residents of the building. For more information about specific sites, please contact:

Community Support Connections (CSC) 519-772-8787 about the green and red sites [www.communitysupportconnections.org](http://www.communitysupportconnections.org)

Victorian Order of Nurses (VON) 888-506-6353 about the blue sites

Community Care Concepts (CCC) 519-664-1900 about the yellow sites

**as of February 25, 2019**

City/Town	Site Name	Address	Current Class Schedule	Open to public?
<b>Ayr</b>	<b>North Dumfries Community Centre</b>	<b>2958 Greenfield Road</b>	<b>M 9am</b>	<b>Yes</b>
<b>Baden</b>	<b>Wilmot Recreation Complex</b>	<b>1291 Nafziger Road</b>	<b>M/W/F 845am</b>	<b>Yes</b>
<b>Baden</b>	<b>Wilmot Recreation Complex</b>	<b>1291 Nafziger Road</b>	<b>M/W/F 945am</b>	<b>Yes</b>
<b>Bloomingtondale</b>	<b>Bloomingtondale Community Centre</b>	<b>1031 Snyder Flats Road</b>	<b>T 10am</b>	<b>Yes</b>
<b>Breslau</b>	<b>Breslau Mennonite Church</b>	<b>226 Woolwich Street</b>	<b>T/Th 930am</b>	<b>Yes</b>
<b>Cambridge</b>	<b>St. James Anglican Church</b>	<b>520 Ellis Road</b>	<b>W 1pm</b>	<b>Yes</b>
<b>Cambridge</b>	<b>Westgate</b>	<b>10 Westgate Court</b>	<b>Th 10am</b>	<b>Yes</b>
<b>Cambridge</b>	<b>Westgate</b>	<b>9 Westgate Court</b>	<b>T 10am</b>	<b>Yes</b>
Cambridge	190 Hespeler Road	190 Hespeler Road	T/Th 1pm	No
Cambridge	250 Lena Crescent	250 Lena Crescent	T/Th 230pm	No
Cambridge	Cambridge Street	95 Cambridge Street	M/T/Th 2pm	No
<b>Cambridge</b>	<b>Centre communautaire francophone de Cambridge (French)</b>	<b>647 Franklin Boulevard</b>	<b>M/Th 1pm</b>	<b>Yes</b>
Cambridge	Chartwell Queen's Square Terrace Retirement Residence	10 Melville Street North	M/T/Th 10am	No
Cambridge	Fairview Suites	515 Langs Drive	M/Th 930am; W 1030am	No
<b>Cambridge</b>	<b>Grandview Towers - 180 Grand Avenue</b>	<b>180 Grand Avenue</b>	<b>M/F 930am</b>	<b>Yes</b>
<b>Cambridge</b>	<b>Granite Landing Retirement</b>	<b>30 Light Drive</b>	<b>M/W/F 1030am</b>	<b>Yes</b>
Cambridge	Heritage Meadows	208 Hespeler Road	M - F 930am	No
<b>Cambridge</b>	<b>Kiwanis Apartments</b>	<b>1195 King Street East</b>	<b>T/Th 1030am</b>	<b>Yes</b>
Cambridge	Marian Residence Retirement Home	640 Hillview Road	M/W/F 11am	No
Cambridge	Riverbend Place Seniors Community - Revera	650 Coronation Boulevard	M/W/F 930am	No
<b>Cambridge</b>	<b>Riverview Terrace</b>	<b>650 Eagle Street North</b>	<b>M/W/F 1030am</b>	<b>Yes</b>
Cambridge	Saint Luke's Place	1624 Franklin Boulevard	M/T/Th 1030am	No
<b>Cambridge</b>	<b>St. Ambrose Church</b>	<b>210 South Street</b>	<b>T/Th 11am</b>	<b>Yes</b>
Cambridge	Vila Nova Place	611 Dunbar Road	M/W/F 1030am	No
Elmira	Chateau Gardens Elmira Assisted Living Centre	8 Snyder Avenue North	M/W/F 1030am	No
<b>Elmira</b>	<b>Duke Centre</b>	<b>28 Duke Street</b>	<b>M 330pm</b>	<b>Yes</b>
<b>Elmira</b>	<b>St. James Lutheran Church</b>	<b>60 Arthur Street South</b>	<b>T/Th 330pm</b>	<b>Yes</b>

City/Town	Site Name	Address	Current Class Schedule	Open to public?
Kitchener	Benton Street Baptist Church	90 Benton Street	W 10am	Yes
Kitchener	Bridgeport Community Centre	20 Tyson Drive	T/F 10am	Yes
Kitchener	Calvin Presbyterian Church	248 Westmount Road East	W 1pm	Yes
Kitchener	Highland Baptist Church	135 Highland Road West	W 10am	Yes
Kitchener	St. George's Forest Hill Anglican Church	321 Fisher Hallman Road	M 10am	Yes
Kitchener	Stanley Park Baptist Church	31 Lorraine Avenue	W 10am	Yes
Kitchener	Thaler Manor	163 Thaler Avenue	F 10am	Yes
Kitchener	161 Fallowfield Drive	161 Fallowfield Drive	T/Th 1015am	No
Kitchener	245 Franklin Street North	245 Franklin Street North	M/Th 315pm	Yes
Kitchener	84 Wilson Avenue	84 Wilson Avenue	M/W/F 1pm	Yes
Kitchener	A. R. Kaufman Family YMCA (Parkinson's specific class)	333 Carwood Avenue	T/Th 130pm	Yes
Waterloo	Beechwood Manor Retirement	305 Erb Street West	M/W/F 1045am	No
Kitchener	Belmont Condominiums	539 Belmont Avenue West	T/Th 9am & 10am	No
Kitchener	Bluebird Apartments	195 Natchez Road	M/W/F 1245pm	No
Kitchener	Centre for Family Medicine - \$2 Parking Fee at lot	25 Joseph Street	M 130pm T/Th 1230pm	Yes
Kitchener	Chartwell Bankside Terrace Retirement Residence	71 Bankside Drive	M/W/F 2pm	No
Kitchener	Chartwell Westmount Retirement	190 David Bergey Drive	M/W/F 1030am	No
Kitchener	Chartwell Westmount Retirement Residence	190 David Bergey Drive	M/W/F 930am	No
Kitchener	Conestoga Lodge	55 Hugo Crescent	T/Th 1045am; F 215pm	No
Kitchener	Country Hill – 250 Country Hill Drive	250 Country Hill Drive	M/W/F 1045am	No
Kitchener	Doon Village Retirement Residence	868 Doon Village Road	M/F 915am	No
Kitchener	Eastwood Seniors Community	1414 King Street East	M/W/F 9am	No
Kitchener	Gresham Place	600 Greenfield Avenue	M/W/F 11am	No
Kitchener	Highview Residences - Dementia friendly class	20 Reichert Drive	M/W/F 330pm	Yes
Kitchener	Holy Cross Lutheran Church	322 East Avenue	T/F 1030am	Yes
Kitchener	Lanark Place Retirement Community	44 Lanark Crescent	T/W/Th 930am	No
Kitchener	Laurentian Apartments	1061 Queens Boulevard	M/W/F 1030am	No
Kitchener	Lexington Grand	1505 Ottawa Street North	M/F 130pm	No
Kitchener	Mill Courtland Community Centre	216 Mill Street	T/F 2pm	Yes
Kitchener	Paulander Drive	65 Paulander Drive	T/Th 1pm	Yes
Kitchener	Revera Fergus Place	164 Fergus Avenue	T/Th 10am	No
Kitchener	Revera Highland Place Retirement Residence	20 Field Gate Street	M/W10am; Th 2pm	No
Kitchener	Revera Victoria Place Retirement Residence	290 Queen Street South	T/W/Th 330pm	No
Kitchener	Schlegel Villages - The Village of Winston Park	695 Block Line Road	M/W/F 930am	Yes
Kitchener	Schlegel Villages - The Village of Winston Park	695 Block Line Road	M/W/F 1015am	Yes
Kitchener	Schlegel Villages - The Village of Winston Park	695 Block Line Road	M/W/F 1115am	No
Kitchener	Senioren Haus	483 Ottawa Street South	T/Th 930am	No
Kitchener	Trinity Village Studios (chapel)	2711 Kingsway Drive	M/W/F 930am	Yes
Kitchener	Trinity Village Studios (dining room)	2711 Kingsway Drive	M/W/F 930am	Yes

City/Town	Site Name	Address	Current Class Schedule	Open to public?
<b>Kitchener</b>	<b>Victoria Hills Community Centre</b>	<b>10 Chopin Drive</b>	<b>W/F 930am</b>	<b>Yes</b>
<b>Linwood</b>	<b>Linwood Community Centre</b>	<b>5279 Ament Line</b>	<b>M/W 2pm</b>	<b>Yes</b>
<b>New Dundee</b>	<b>New Dundee Community Centre</b>	<b>1028 Queen Street</b>	<b>M/W 1pm</b>	<b>Yes</b>
New Hamburg	Aldaview Services	205 Peel Street	M/W/F 11am	No
New Hamburg	Nithview Home	200 Boullee Street	T/Th 9am	No
<b>St. Clements</b>	<b>St. Clements Community Centre</b>	<b>1 Green Street</b>	<b>M/W 9am</b>	<b>Yes</b>
St. Jacobs	St. Jacobs Place Retirement Residence	10 Water Street	M/W/F 915am	No
<b>St. Jacobs</b>	<b>The Meadows</b>	<b>29 Water Street</b>	<b>T/Th 930am</b>	<b>Yes</b>
<b>St. Jacobs</b>	<b>Valley View Manor</b>	<b>1070 Printery Road</b>	<b>M/Th 4pm</b>	<b>Yes</b>
<b>Wallenstein</b>	<b>Hawkesville</b>	<b>3521 Broadway Street</b>	<b>T/Th 9am</b>	<b>Yes</b>
<b>Wallenstein</b>	<b>Wallenstein Bible Chapel</b>	<b>4522 Hergott Road</b>	<b>T/Th 930am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>First Baptist Church</b>	<b>306 Erb Street West</b>	<b>W 10am; T/Th 10am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>First United Church</b>	<b>16 William Street West</b>	<b>W 10am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Glen Acres Baptist Church</b>	<b>223 Hartwood Avenue</b>	<b>Tues 10am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Mt. Zion Lutheran Church</b>	<b>29 Westmount Road South</b>	<b>M 130pm</b>	<b>Yes</b>
<b>Waterloo</b>	<b>St. Agnes Catholic Church</b>	<b>75 Bluevale Street North</b>	<b>W 130pm</b>	<b>Yes</b>
<b>Waterloo</b>	<b>St. Michael's Catholic Church</b>	<b>240 Hemlock Street</b>	<b>M/F 10am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Waterloo Mennonite Brethren Church</b>	<b>245 Lexington Road</b>	<b>F 10am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Waterloo-Kitchener United Mennonite Church</b>	<b>15 George Street</b>	<b>Th 10am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Beechmount</b>	<b>265 Westcourt Place</b>	<b>M/W/F 1pm</b>	<b>No</b>
<b>Waterloo</b>	<b>Black Willow Condos</b>	<b>58 Bridgeport Road East</b>	<b>T/Th 1pm</b>	<b>No</b>
<b>Waterloo</b>	<b>Chartwell Terrace on the Square</b>	<b>100 Caroline Street South</b>	<b>M/T/Th/F 11am</b>	<b>No</b>
<b>Waterloo</b>	<b>Clair Hills Retirement Community</b>	<b>530 Columbia Street West</b>	<b>T/Th 930am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Court at Laurelwood</b>	<b>605 Laurelwood Drive</b>	<b>M/W/F 930am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Harvard Place</b>	<b>225 Harvard Place</b>	<b>T/Th 1pm</b>	<b>No</b>
<b>Waterloo</b>	<b>Luther Village on the Park</b>	<b>139 Father David Bauer Drive</b>	<b>M - F 930am &amp; 1020am; T/Th 230pm</b>	<b>No</b>
<b>Waterloo</b>	<b>Parkwood Mennonite Home/Parkwood Suites</b>	<b>720 New Hampshire Street</b>	<b>T/Th 11am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Seven at the Westhill</b>	<b>7 Westhill Drive</b>	<b>M/W/F 1045am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Waterloo Heights Retirement Apartments</b>	<b>170 Erb Street West</b>	<b>M/F 945am</b>	<b>Yes</b>
<b>Waterloo</b>	<b>Waterpark Place</b>	<b>4 &amp; 6 Willow Street</b>	<b>T/Th 9am</b>	<b>No</b>
<b>Waterloo</b>	<b>Waterpark Place</b>	<b>4 &amp; 6 Willow Street</b>	<b>T/Th 1015am</b>	<b>No</b>
<b>Waterloo</b>	<b>Westhill Retirement Residence</b>	<b>25 Westhill Drive</b>	<b>M/T/W/F 930am</b>	<b>Yes</b>
<b>Wellesley</b>	<b>Pond View</b>	<b>1 Pond View Drive</b>	<b>T/F 1030am</b>	<b>Yes</b>
	<b>Forest Hill - classes moved to Calvin Presbyterian Church</b>		<b>classes moved to Calvin Presbyterian Church T/Th 945am</b>	<b>Yes</b>

City/Town	Site Name	Address	Current Class Schedule	Open to public?
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**WW Stand Up to Falls Sites**

Stand Up to Falls is an integrated education program with exercise sites – clients should attend from the start date to end. All classes are **FREE** of charge, client referrals to the Stand Up to Falls program are encouraged. **Bolded programs are open to the public;** sites not open to the public are open to residents of the building. Participants are asked to complete a PARQ and Waiver prior to participation.

Topics of Stand Up to Falls education include:




- |   |   |
|---|---|
| <b>Falls &amp; Chronic Illnesses</b>          | <b>Medication Use</b>                               |
| <b>Muscle &amp; Bone Health</b>               | <b>Home &amp; Environment Safety</b>                |
| <b>Blood Pressure &amp; Hypotension</b>       | <b>Mobility Aids &amp; Assistive Devices</b>        |
| <b>Vision &amp; Hearing Changes</b>           | <b>Nutrition &amp; Incontinence</b>                 |
| <b>Those Darn Feet</b>                        | <b>Building Balance at Home &amp; Arthritis</b>     |
| <b>Sleep Disturbances &amp; Mental Health</b> | <b>How to get up from a Fall &amp; Goal Setting</b> |

**CSC locations February 18 - March 29, 2019:**

<b>Kitchener</b>	<b>Rockway Centre</b>	<b>1405 King Street East</b>	<b>T/W/F 2pm</b>	<b>Yes</b>
New Hamburg	Morningside	10 Homestead Place	W 930am	No
Kitchener	Lexington Grand	1505 Ottawa Street North	M 2pm	No
<b>Waterloo</b>	<b>Waterloo Heights</b>	<b>170 Erb Street West</b>	<b>F 2pm</b>	<b>Yes</b>

**VON locations February 19 - March 29, 2019:**

<b>Fergus</b>	<b>Melville United Church</b>	<b>300 Andrew St. W</b>	<b>Tues/Thurs 9:30am</b>	<b>Yes</b>
<b>Fergus</b>	<b>169 Gordon St. Apt</b>	<b>169 Gordon St.</b>	<b>Tues/Thurs 11:30am</b>	<b>Yes</b>
<b>Guelph</b>	<b>Royal on Gordon</b>	<b>1691 Gordon St.</b>	<b>Mon/Wed 10am</b>	<b>Yes</b>
Guelph	VBA	221 Stone Rd. E	Tues 3pm/ Fri 10am	No
<b>Guelph</b>	<b>YMCA</b>	<b>130 Woodland Glen Dr.</b>	<b>Tues/Thurs 1:30</b>	<b>Yes</b>

City/Town	Site Name	Address	Current Class Schedule	Open to public?
<b>GLA:D Schedule - 8-week education and exercise program delivered by Registered Kinesiologists for people with symptoms of hip or knee osteoarthritis (OA)</b>				
<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="410 411 770 530">  </div> <div data-bbox="1277 396 1416 530">  </div> <div data-bbox="1785 411 2128 536">  </div> </div>				
<b>For January - March 2019:</b>				
Kitchener	A.R. Kaufman Family YMCA	333 Carwood Avenue	T/Th 830-10am; 1030am-12pm; W 1230-2pm	
Cambridge	Chaplin Family YMCA	250 Hespeler Road	T/Th 215-345pm	
<b>Registration required. Contact us 519-772-8787 for more information.</b>				