



EXERCISE AND FALLS PREVENTION / COPD / STROKE CLASSES BRAMPTON, CALEDON, MALTON

Exercise and falls prevention classes will continue in multiple locations throughout the Central West LHIN. No fees will be charged and there will be no limit to the number of classes a senior may attend. The Central West LHIN will lead classes at the following locations:

BRAMPTON – EXERCISE AND FALLS PREVENTION

Name	Address	Provider & Time
Bramalea Retirement Residence	30 Peel Centre Dr	Tue, Thu 9:15am-9:45am, 10am-10:30am , 10:30am-11:30am, 12:30pm-1:30pm
Brampton Soccer Centre	1495 Sandalwood Pkwy E	Sun 1:30pm-2:30pm, 3pm-4pm, * Fri 9am-10am, 10:15am-11:15am, 11:30am-12noon
Brisdale Fortino's	35 Worthington Ave	Wed, Thu 9am-10pm, 10:15am-11:15am, 11:30am-12:30pm
Chris Gibsons Recreation Centre	125 McLaughlin Rd	Wed, Fri 9am-10am, 10:15am-11:15am, 11:30am-12:30pm
Flower City Community Campus	8950 McLaughlin Rd	Mon, Fri 9am-10am, 10:15am-11:15am * Mon 1pm-2pm
Grace Court Seniors Citizens Apartments	17 Scott St	Mon, Thu 2:30pm-3:30pm
Greenbriar Recreation Centre	1100 Central Park Dr	Mon, Tue 9am-10am, 10:30am-11:30am, 1:30pm-2:30pm, 3pm-4pm
Ismaili Community Group	525 North Park Dr	Thu: 10am-11am, 11:15am-12:15am, 12:30pm-1:30pm
Nance Horwood Place	529 Main Street N	Tue 2pm-3pm



Peel Manor	525 Main St N	Mon, Wed 1pm-2pm * Fri 1:30pm-2:30pm
South Fletcher's Sportsplex	500 Ray Lawson Blvd	Mon, Wed 9am-10am, 10:15am-11:15am, 1pm-2pm
Tall Pines	1001 Peter Robertson Blvd	Mon, Wed, Fri 9am-10am
Terry Miller Recreation Centre	1295 Williams Pkwy	Tue 11:45am-12:45pm, 1pm-2pm * Fri 1pm-2pm
United Achievers – Seniors Group	125 McLaughlin Rd	Thu 10am-11am, 11am-12noon
Villa Polonia	40 Polonia Ave, Unit 30	Fri 11am-12noon, 12noon-1pm

BRAMPTON – COPD

Name	Address	Provider & Time
South Fletcher's Sportsplex	500 Ray Lawson Blvd	Mom, Wed 2:15pm-3:15pm
Terry Miller Recreation Centre	1295 Williams Pkwy	Tue, Fri 2:15pm-3:15pm

BRAMPTON – STROKE

Name	Address	Provider & Time
Chris Gibsons Recreation Centre	125 McLaughlin Rd	Wed, Fri 1pm-2pm
Terry Miller Recreation Centre	1295 Williams Pkwy	Tue, Fri 10:30am-11:30pm



CALEDON/BOLTON – EXERCISE AND FALLS PREVENTION

Name	Address	Provider & Time
Albion-Bolton Community Centre	150 Queen St S, Bolton	Tue 9am-10am
Caledon Community Complex	6215 Old Church Rd, Caledon E	Tue, Fri 9am-10am, 10am-11pm, 11am-12noon
Caledon Public Library, Margaret Dunn Branch	20 Snelcrest Dr, Valleywood	Wed 1pm-2pm
Caledon Seniors Recreation Centre	7 Rotarian Way, Bolton	Mon, Thu 9am-10am, 10am-11am, 11am-11:30am * Fri 11am-11:30
The Exchange	55 Healey Rd, Unit 10, Bolton	Thu 1pm-1:30pm, 1:30pm-2:15pm, 2:15pm-3pm

CALEDON/BOLTON – COPD

Name	Address	Provider & Time
Albion-Bolton Community Centre	150 Queen St S, Bolton	Tue, Fri 11:15am-12:15am

CALEDON/BOLTON – STROKE

Name	Address	Provider & Time
Albion-Bolton Community Centre	150 Queen St S, Bolton	Tue, Fri 10:15am-11:15am



MALTON – EXERCISE AND FALLS PREVENTION

Name	Address	Provider & Time
Malton Village, LTC Facility	7075 Rexwood Rd	Mon, Wed, Fri 11am-11:50am
Malton Community Centre	3540 Morning Star Dr	Wed 10:30am-11:15am, 11:30am-12:30pm

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The Central West LHIN and the Ministry are working together to ensure seniors continue to receive physiotherapy. If some classes have not been identified, the LHIN will continue to work to ensure replacement classes are available as soon as possible

Public inquiries are being directed to the Central West LHIN Physiotherapy phone number 1-888-733-1177 ext 7744 who will respond and help residents navigate any physiotherapy services related to exercise and falls prevention or In-Home Physiotherapy

