


Mississauga Halton LHIN Exercise and Fall Prevention Programs

Updated: July 1, 2014



Higher Functioning Exercise Class - Drop-in class

Lower Functioning Exercise Class - Drop-in class

Falls Prevention Class - 12 week program and registration is required. Please call Andrea at March of Dimes Canada 905-301-7127 to register.

Location	Site	Address	Monday	Tuesday	Wednesday	Thursday	Friday
Etobicoke	Fairfield Residence	10 Fairfield Ave Etobicoke, ON M8V 2H9	9:00AM-10:00AM				1:00PM-2:00PM
			10:00AM-11:00AM				2:00PM-3:00PM
			11:00AM-12:00PM				3:00PM-4:00PM
Etobicoke	Adeline's Lodge	379 Prom Lake Etobicoke, ON M8W 1C1		9:00AM-10:00AM	1:00PM-2:00PM		
				10:00AM-11:00AM	2:00PM-3:00PM		
				11:00AM-12:00PM	3:00PM-4:00PM		
Etobicoke	Centennial Park	25 Centennial Park Rd Etobicoke, ON M9C 5H1	1:00PM-2:00PM				9:00AM-10:00AM
			2:00PM-3:00PM				10:00AM-11:00AM
			3:00PM-4:00PM				11:00AM-12:00PM
Etobicoke	Franklin Horner Community Centre	432 Horner Ave Etobicoke, ON M8W 4L9	10:00AM-11:00AM	9:00AM-10:00AM			
			11:00AM-12:00PM	10:00AM-11:00AM			
Etobicoke	Jubilee Centre	256 Sheldon Etobicoke, ON M8W 4L9			9:00AM-10:00AM		9:00AM-10:00AM
					10:00AM-11:00AM		10:00AM-11:00AM
					11:00AM-12:00PM		11:00AM-12:00PM
Georgetown	Sands Condo	20 McFarlane Dr Georgetown, ON L7G 5J8		9:00AM-10:00AM		9:00AM-10:00AM	
				10:00AM-11:00AM		10:00AM-11:00AM	
				11:00AM-12:00PM		11:00AM-12:00PM	
Georgetown	Extendi-Care Halton Hills	9 Lindsay Court Georgetown, ON L7G 6G9		1:00PM-2:00PM		1:00PM-2:00PM	
				2:00PM-3:00PM		2:00PM-3:00PM	
				3:00PM-4:00PM		3:00PM-4:00PM	
Milton	Martindale Gardens	45 Martin St Milton, ON L9T 2R1		1:00PM-2:00PM		1:00PM-2:00PM	
				2:00PM-3:00PM		2:00PM-3:00PM	
				3:00PM-4:00PM		3:00PM-4:00PM	
Milton	Birkdale Place	611 Farmstead Dr Milton, ON L9T 4M3		9:00AM-10:00AM		9:00AM-10:00AM	
				10:00AM-11:00AM		10:00AM-11:00AM	
				11:00AM-12:00PM		11:00AM-12:00PM	
Mississauga	Villa Forum	175 Forum Drive Mississauga, ON L4Z 4E5	1:00PM-2:00PM			1:00PM-2:00PM	
			2:00PM-3:00PM			2:00PM-3:00PM	
			3:00PM-4:00PM			3:00PM-4:00PM	
 Mississauga	Edenwood Seniors Village	3061 Battleford Road Mississauga, ON L5N 6R7		10:00AM-11:00AM			2:00PM-3:00PM
				11:00AM-12:00PM			3:00PM-4:00PM
Mississauga	Evergreen Retirement Community	820 Scollard Court Mississauga, ON L5V 0A1	9:00AM-10:00AM		1:00PM-2:00PM		
			10:00AM-11:00AM		2:00PM-3:00PM		
			11:00AM-12:00PM		3:00PM-4:00PM		
Mississauga	Beechwood Place and Beechwood Court (Revera)	1500 Rathburn Rd E Mississauga, ON L4W 4L7		9:00AM-10:00AM		9:00AM-10:00AM	
				10:00AM-11:00AM		10:00AM-11:00AM	
				11:00AM-12:00PM		11:00AM-12:00PM	
Mississauga	Constitution Place (Revera)	3051 Constitution Blvd Mississauga, ON L4Y 2Z1	1:00PM-2:00PM				9:00AM-10:00AM
			2:00PM-3:00PM				10:00AM-11:00AM
			3:00PM-4:00PM				11:00AM-12:00PM

Mississauga	Ivan Franko	3058 Winston Churchill Blvd Mississauga, ON L5L 3J1	9:00AM-10:00AM		9:00AM-10:00AM	
			10:00AM-11:00AM		10:00AM-11:00AM	
			11:00AM-12:00PM		11:00AM-12:00PM	
Mississauga	The Erinview	2132 Dundas St. W Mississauga, ON L5K 2K7		9:00AM-10:00AM		9:00AM-10:00AM
				11:00AM-12:00PM		11:00AM-12:00PM
				10:00AM-11:00AM		10:00AM-11:00AM
Mississauga	PSL Summerville Pines	413-1745 Dundas St. E Mississauga, ON L4X 3A4	1:00PM-2:00PM			1:00PM-2:00PM
			2:00PM-3:00PM			2:00PM-3:00PM
			3:00PM-4:00PM			3:00PM-4:00PM
Mississauga	PSL Hillside	107-2440 Truscott Drive Mississauga, ON L5J 4N5		1:00PM-2:00PM		1:00PM-2:00PM
				2:00PM-3:00PM		2:00PM-3:00PM
				3:00PM-4:00PM		3:00PM-4:00PM
Mississauga	PSL Wisma Mega Indah	Creditvale Mills 1535 South Parade Court Mississauga, ON L5M 0T7		1:00PM-2:00PM		9:00AM-10:00AM
				2:00PM-3:00PM		10:00AM-11:00AM
				3:00PM-4:00PM		11:00AM-12:00PM
Mississauga	PSL Wisma Mega Indah Vanrose (September 25th start)	1205 Vanrose Street Mississauga, ON L5V 1W8			9:00AM-10:00AM	1:00PM-2:00PM
					10:00AM-11:00AM	2:00PM-3:00PM
					11:00AM-12:00PM	3:00PM-4:00PM
Mississauga	PSL Millbrook Place - Agnes	111 Agnes St Mississauga, ON L5B 1K1		9:00AM-10:00AM		9:00AM-10:00AM
				10:00AM-11:00AM		10:00AM-11:00AM
				11:00AM-12:00PM		11:00AM-12:00PM
Mississauga	PSL Millbrook Place - Dundas	Millbrook Place 708-177 Dundas St. W Mississauga, ON L5B 4M5	9:00AM-10:00AM		9:00AM-10:00AM	
			10:00AM-11:00AM		10:00AM-11:00AM	
			11:00AM-12:00PM		11:00AM-12:00PM	
Mississauga	PSL King	202-66 King Street West Mississauga, ON L5B 2H7			9:00AM-10:00AM	
					10:00AM-11:00AM	
					11:00AM-12:00PM	
Mississauga	Heritage Glen	6515 Glen Erin Dr. Mississauga, ON L5N 8P9		1:00PM-2:00PM		1:00PM-2:00PM
				2:00PM-3:00PM		2:00PM-3:00PM
				3:00PM-4:00PM		3:00PM-4:00PM
Mississauga	King Garden (Revera)	85 King St E Mississauga, ON L5A 4G6			1:00PM-2:00PM	1:00PM-2:00PM
					2:00PM-3:00PM	2:00PM-3:00PM
					3:00PM-4:00PM	3:00PM-4:00PM
Mississauga	PSL South Common	111-2250 South Millway Mississauga, ON L5L 3J6				1:00PM-2:00PM
						2:00PM-3:00PM
						3:00PM-4:00PM
Mississauga	PSL Stavebank	102-35 Stavebank Rd N Mississauga, ON L5G 2T7	9:00AM-10:00AM		9:00AM-10:00AM	
			10:00AM-11:00AM		10:00AM-11:00AM	
			11:00AM-12:00PM		11:00AM-12:00PM	
Mississauga	Regency Retirement Residence	29 Mississauga Rd N Mississauga, ON L5H 2H7				1:00PM-2:00PM
						2:00PM-3:00PM
						3:00PM-4:00PM
Mississauga	Chartwell Classic Robert Speck	100 Robert Speck Pkwy Mississauga, ON L4Z 0A1		9:00AM-10:00AM		1:00PM-2:00PM
				10:00AM-11:00AM		2:00PM-3:00PM
				11:00AM-12:00PM		3:00PM-4:00PM
Mississauga	Tyndall Estates	1044 Eglinton Ave East Mississauga, ON L4W 3A5		1:00PM-2:00PM		9:00AM-10:00AM
				2:00PM-3:00PM		10:00AM-11:00AM
				3:00PM-4:00PM		11:00AM-12:00PM

Mississauga	Greenway Lodge	860 The Greenway Mississauga, ON L5G 1P6	1:00PM-2:00PM		1:00PM-2:00PM	
			2:00PM-3:00PM		2:00PM-3:00PM	
			3:00PM-4:00PM		3:00PM-4:00PM	
Mississauga	SENACA (Candian Coptic Centre)	1245 Eglinton West Mississauga, ON L5V 1R8	1:00PM-2:00PM			9:00AM-10:00AM
			2:00PM-3:00PM			10:00AM-11:00AM
			3:00PM-4:00PM			11:00AM-12:00PM
 Mississauga	Sheridan Villa Long Term Care Home	2460 Truscott Dr, Mississauga, ON L5J 3Z8		9:00AM-10:00AM		9:00AM-10:00AM
			10:00AM-11:00AM		10:00AM-11:00AM	
			11:00AM-12:00PM		11:00AM-12:00PM	
 Mississauga	Walden Circle	1907 Lakeshore Road West, Mississauga, ON L5J 1J6	9:00AM-10:00AM		9:00AM-10:00AM	
			10:00AM-11:00AM		10:00AM-11:00AM	
			11:00AM-12:00PM		11:00AM-12:00PM	
Oakville	Trafalgar Lodge (Revera)	299 Randall St Oakville, ON L6J 6B4	9:00AM-10:00AM		9:00AM-10:00AM	
			10:00AM-11:00AM		10:00AM-11:00AM	
			11:00AM-12:00PM		11:00AM-12:00PM	
Oakville	Kensington Retirement Residence (Revera)	25 Lakeshore Rd W Oakville, ON L6K 3X8			1:00PM-2:00PM	9:00AM-10:00AM
					2:00PM-3:00PM	10:00AM-11:00AM
					3:00PM-4:00PM	11:00AM-12:00PM
Oakville	Churchhill Place (Revera)	245 Church St Oakville, ON L6J 7G4		9:00AM-10:00AM		9:00AM-10:00AM
				10:00AM-11:00AM		10:00AM-11:00AM
				11:00AM-12:00PM		11:00AM-12:00PM
Oakville	Delmanor Glen Abbey	1459 Nottingham Gate Oakville, ON L6M 4W1		9:00AM-10:00AM	9:00AM-10:00AM	
				10:00AM-11:00AM	10:00AM-11:00AM	
				11:00AM-12:00PM	11:00AM-12:00PM	
Oakville	SENACA (Palermo United Church)	2521 Dundas St West Oakville, ON L6M 4J4			9:00AM-10:00AM	1:00PM-2:00PM
					10:00AM-11:00AM	2:00PM-3:00PM
					11:00AM-12:00PM	3:00PM-4:00PM
Oakville	SENACA (Oaklands Regional Centre)	53 Bond Street Oakville, ON L6K 1L8			1:00PM-2:00PM	9:00AM-10:00AM
					2:00PM-3:00PM	10:00AM-11:00AM
					3:00PM-4:00PM	11:00AM-12:00PM
Oakville	Chartwell Classic Oakville	180 Oak Park Blvd Oakville, ON L6H 0A6			1:00PM-2:00PM	1:00PM-2:00PM
					2:00PM-3:00PM	2:00PM-3:00PM
					3:00PM-4:00PM	3:00PM-4:00PM
Oakville	Oakville Retirement Home (Queens Avenue Retirement)	1056 Queens Ave Oakville, ON L6H 6R3		1:00PM-2:00PM		1:00PM-2:00PM
				2:00PM-3:00PM		2:00PM-3:00PM
				3:00PM-4:00PM		3:00PM-4:00PM
Oakville	Oakville Senior Citizen Residence (OSCR)	2220-2222 Lakeshore Rd W Oakville, ON L6L 5G5	9:00AM-10:00AM			9:00AM-10:00AM
			10:00AM-11:00AM			10:00AM-11:00AM
			11:00AM-12:00PM			11:00AM-12:00PM
Oakville	Knox Heritage Place *(Limited Capacity)	2191 Sixth Line Oakville, ON L6H 3X2		1:00PM-2:00PM		1:00PM-2:00PM
				2:00PM-3:00PM		2:00PM-3:00PM
				3:00PM-4:00PM		3:00PM-4:00PM
Toronto	Elim Springs *(Limited Capacity)	3838 Bloor Street West Toronto, ON M9B 1L1	1:00PM-2:00PM			1:00PM-2:00PM
			2:00PM-3:00PM			2:00PM-3:00PM
			3:00PM-4:00PM			3:00PM-4:00PM