

WW SMART Gentle Exercise and Falls Prevention Sites – Jun 16, 2014

All classes are voluntary, self-directed and free of charge.

Participants are asked to complete a PAR-Q 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 locations, please contact:

CSC (519-772-8787) about the green sites

VON (888-506-6353) about the blue sites

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

Community	Name of Location/Organization	Class Schedule	Open to Public?
Arthur	Caessant Care Arthur	T/Th/F 9am	No
Arthur	110 Edward St	T/Th 11am	No
Baden	Wilmot Recreation Complex-1291 Nafziger Rd	M/W/F 845 & 930am	Yes
Belwood	Pinemeadows	M/W/Th 330pm	No
Cambridge	Arthur White Manor - 50 Chalmers St S	M/W/F 2pm	Yes
Cambridge	The Dunfield – 140 Hespeler Rd	M/W/F 1030	Yes
Cambridge	Fairview Suites	M/Th 930, T 130	No
Cambridge	Fern Meadows - 565 Margaret St	M/W/F 200pm	Yes
Cambridge	Gertrude Burgar Court - 168 Grand Ave	M/W/F 11am	Yes
Cambridge	Green Haven - 263 St. Andrews	M/T/Th 11am	Yes
Cambridge	Heritage Meadows	M-F 930	No
Cambridge	Jacob Hespeler Lodge - 70 Mulberry Dr	M/W/F 10am	Yes
Cambridge	Kathleen Elliott Court - 95 Concession St	M/W/F 10am	Yes
Cambridge	Kiwanis Apts – 350 Linden Dr	T/Th 10:30	Yes
Cambridge	Vila Nova Place Retirement Home	M/W/F 10	No
Cambridge	Marion Residence Retirement Home	M/W/F 11 & 1	No
Cambridge	Mill Creek Terrace - 284 Clyde Rd	M/W/F 930	Yes
Cambridge	Queen's Square Terrace Retirement Res	M/T/Th 10 am	No
Cambridge	Riverbend Place Seniors' Community	M/T/Th 1015	No
Cambridge	Riverview Terrace - 650 Eagle St N	M/W/F 1030am	Yes
Cambridge	Saint Luke's Place	M/T/Th 9 & 10:30	No
Cambridge	W.C. Woods - 339 Bishop St	M/W/F 1pm	Yes
Clifford	Clifford United Church – 11 Allen St E	M/Th 9am	Yes
Clifford	9625 Pike Lake Rd	T 1pm; Th 1030am	Yes
Drayton	Conestoga Crest	M/F 930	No
Drayton	Drayton Reformed Church – 72 Wellington St S	M/F 11am	Yes
Dundalk	Dundalk Arena – Main St E	M/Th 230	Yes
Elmira	Chateau Gardens Assisted Living Centre	M/W/F 930 & 1015	No
Elmira	Duke St. Apts	T 1:30-2:30	No
Elmira	St. James Lutheran Church – 60 Wyatt St	T/Th 3-4	Yes
Elora	Elora Terrace (MS class)	T 1pm; Th 1030am	No
Elora	Grand River Apartments	W/F 200	No
Elora	Heritage River Retirement Residence	M/W/F 1030 & 1115	No
Elora	220 Mary St	T 3pm; F 2pm	No

Erin	Erin Arena – 14 Boland Dr	T 9am; Th 330	Yes
Fergus	Caessant Care Fergus	M 2pm T/Th1030am	No
Fergus	500 Ferrier Court	T 11am Th 230pm	No
Fergus	165 Gordon St	M/F 230	No
Fergus	Highland Manor Retirement Lodge	M-F 9 am	No
Fergus	Maple Leaf Acres	T/Th 2pm	No
Guelph	Arbor Trails	M/W 10am; F 2pm	No
Guelph	Birmingham Retirement Community	M/W/F 10 am	No
Guelph	7 Christopher Court	T/Th 1130	No
Guelph	College Place (Rivera)	M/W/F 11	No
Guelph	232 Delhi St	T/Th 215	No
Guelph	Eden House	M-F 10am	No
Guelph	Ellridge Place	T/Th 930	No
Guelph	Elliot Community	T/Th 230&315	No
Guelph	Ellington Community	T/Th 130	No
Guelph	Guelph Lake Commons	M/W/F 915	Yes
Guelph	Heritage House	M/T/W/F 1030; Th 330	No
Guelph	85 Neeve St	M/W/F 1pm	No
Guelph	Norfolk Manor Inc.	M-F 10am	No
Guelph	Riverside Glen	M230;W130;F930	No
Guelph	Royal on Gordon – 1691 Gordon St	M-F 10am	Yes
Guelph	St. Joes Condos – 100 Westmount Rd	M/W/F 215	Yes
Guelph	Stone Lodge Retirement Residence	M 930; Th 330; F130	No
Guelph	387 Waterloo Ave	T/Th 1pm	No
Guelph	Talisman Apartments	M/W/F 230	Yes
Guelph	Two Rivers	M/W 130	Yes
Guelph	Univ of Guelph (MS class) - John T Powell Bldg	W/F 12pm	Yes
Guelph	Wellington Park Terrace	M/W/F1030	No
Harriston	Caessant Care Harriston	M/Tu/F 10am	No
Harriston	56 Mill St	T/F 1115am	No
Kitchener	Bankside Terrace Retirement Residence	M/W/Th 10&11	No
Kitchener	Beechwood Manor – 305 Erb St W	MWF 1030am	Yes
Kitchener	Bluebird Apts - 195 Natchez	M/W/F 1pm & 2pm	Yes
Kitchener	Bread & Roses - 307 Queen St S	M/T/Th 2pm	Yes
Kitchener	Cedar Court - 59 Cedar St N	M/W/F 1pm	Yes
Kitchener	Centre for Family Medicine – 25 Joseph St	T/Th/F 130pm	Yes
Kitchener	74 Church	M/T/Th 100pm	Yes
Kitchener	119 College St	M/W/F 1030am	Yes
Kitchener	Conestoga Lodge	T/W/F 115	N
Kitchener	Doon Village Retirement Residence	M/W/F 10	No
Kitchener	Eastwood Seniors Community	M/W/F 900	No
Kitchener	Emmanuel Village – 1250 Weber St E	M/T/Th 930/1015	Yes
Kitchener	Fergus Place	MT/Th/Fr 330	No
Kitchener	210 Fourth Ave	M/Tu/F 2 & 2:45	No
Kitchener	210 Fourth Ave	M/W/F 1115am	Yes

Kitchener	Greenfield - 518 Greenfield	MWF 1pm	Yes
Kitchener	Gresham Place – 600 Greenfield	MWF 11am	No
Kitchener	Highland Place Retirement Residence	M/W 930&1015	No
Kitchener	47 Holborne	M/W/F 1100am	Yes
Kitchener	Lanark Place Senior's Living	T/Th/F 930	No
Kitchener	215 Lorraine	M/W/F 1000am,	Yes
Kitchener	Millwood Manor	M/W/Th 1030	No
Kitchener	145 Overlea Drive	M/T/Th 11am	Yes
Kitchener	Reformation Lutheran Church -456 Krug St.	T/Th 1045am	Yes
Kitchener	The Village of Winston Park	M/W/F930,1030	Yes
		M/W/F11:15 (Memory Flr)	No
Kitchener	Senioren Haus - 483 Ottawa St. S.	T/Th 930-1030	Yes
Kitchener	Sunnyside Supportive Housing	M/W/Th 3	No
Kitchener	Trinity Village Studios – 2711 Kingsway Dr	M/W/F 930 (two classes)	Yes
Kitchener	Victoria Place Retirement Residence	T/W/Th 1000a	No
Kitchener	Westmount Retirement – 190 David Bergey Dr	M/W/F 930&11	No
Kitchener	84 Wilson Ave	M/W/F 1pm	Yes
Kitchener	425 Wilson Ave	M/W/F 200pm	Yes
Moorefield	16 Caroline St	M 230; F 130	Yes
Moorefield	Conestoga Estates	M 11am; F 10am	Yes
Mount Forest	450 Albert St Apartments	M/W/F 11am	No
Mount Forest	Durham St Condos – 440 Durham St W	T/Th 930	Yes
Mount Forest	Mount Forest Legion – 140 King St W	T 11am Th 230pm	Yes
Mount Forest	VON Mount Forest Office – 392 Main St N	T/W/F 330pm	Yes
New Dundee	New Dundee Community Centre–1028 Queen St	M/W 100	Yes
New Hamburg	Aldaview	M/W/F 11am	No
New Hamburg	Nithview	T/Th 1:45	No
Palmerston	Palmerston United Church – 215 James St	T/F 9am & 1015	Yes
Palmerston	212 Whites Rd	W 1115am	No
Rockwood	Rockamosa Community Centre – Hwy 7	T 1pm	Yes
Rockwood	Squires Lodge	T/Th 2pm	Yes
St. Jacob's	The Meadows – 29 Waters St	T/Th 9-10	Yes
St. Jacob's	St. Jacobs Place Retirement Residence	M/W/F 930+1015	No
Wallenstein	Wallenstein Bible Chapel - 4522 Hergott Rd	T/Th 930-1030am	Yes
Waterloo	Clair Hills Community – 530 Columbia St W	T/W/F 1030, M/Th 2:00	Yes
Waterloo	Court at Laurelwood – 605 Laurelwood Dr	M/W/F 930 & 1015	Yes
Waterloo	Luther Village on the Park	M-F 1030 & 11; M/W/F 1	No
Waterloo	Parkwood Mennonite Home/Suites	M/W/F 3 & 4	No
Waterloo	Pinehaven Retirement Residence	T/Th930+Fri 130	No
Waterloo	335 Regina St	M/W/F 1pm	Yes
Waterloo	The Westhill	M/W/F 930 & 1015	Yes
Waterloo	Terrace on the Square	M130, T/Th 930	No
Waterloo	Waterpark Place	T/Th 930 &1030	No
Waterloo	Waterloo Heights Apts - 170 Erb St. W	M/F 930-1030	Yes
Wellesley	Pondview – 1 Pondview Dr	Tu/Th 1-2	Yes