



Join FREE exercise classes for Older Adults (65+)

Algoma

Participez gratuitement à des cours d'exercices pour personnes âgées (65 ans et plus).

No registration required ~ Drop in welcome~ Times and location subject to change

Sans rendez-vous ~ Aucune inscription requise ~ Les heures et le lieu pourraient être modifiés



Municipality municipalité	Location emplacement	Address adresse	Days and Times journée et temps	Contact Person contact	Phone téléphone	Email
Richards Landing (English)	The Dr. Harold S Trefry Memorial Center	1209 Catherine Street Richards Landing, ON	Mon: 10:00 11:00am Thurs: 1:30-2:30pm	Melinda Thomas	705-246-0036	Dr.trefrycentre@one-mail.on.ca
Echo Bay (English)	Laird Hall	3 Pumpkin Point Road West	Mon & Thurs 10:00 -11:00am	Melinda Thomas	705-246-0036	Dr.trefrycentre@one-mail.on.ca
Bruce Mines (English)	Bruce Mines Community Hall	9180 Hwy 17, Bruce Mines, ON	Mon & Wed 12:00-1:00pm	Bonnie MacKinnon	705-671-1575	Bonnie.Mackinnon@von.ca
Bruce Mines (English)	Light Haven Retirement Home	38 Desbarats Street, Bruce Mines, ON	Mon & Wed 1:30-2:30pm	Bonnie MacKinnon	705-671-1575	Bonnie.Mackinnon@von.ca
Blind River (English)	North Shore Health Network	12 Hudson, Blind River, ON	Tues & Thurs 1:30-2:30pm	Darlene Wilkins	705-356-2265 ext 2455	dwilkins@nshn.care
Sault Ste. Marie (English)	VON Day Centre	7B Oxford Street Sault Ste. Marie, ON	Mon to Fri 10:00-11:00am	Kim Paradis	705-942-8200	Kim.Paradis@von.ca
Sault Ste. Marie (English)	Great Northern Retirement Home	760 Great Northern Road Sault Ste. Marie	Mon, Wed, Thurs 9:30 -10:00 am	Asa Chong	705- 945-9405	asachong@cbi.ca
Sault Ste. Marie (English)	Villa Santa Maria	4 East Street	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca
Elliot Lake (English)	Elliot Lake Retirement Living	1 Washington Crescent (Bldg 1)	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca
Elliot Lake (English)	Elliot Lake Retirement Living	3 Washington Crescent (Bldg 2)	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca

Elliot Lake (English)	Elliot Lake Retirement Living	27 Mississauga (Bldg 3)	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca
Elliot Lake (English)	Elliot Lake Retirement Living	100 Warsaw Place (Bldg 4)	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca
Elliot Lake (English)	Hillside Park Retirement Residence	11 Mississauga Avenue	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca
Wawa (Bilingual)	Michipicoten Memorial Community Centre	3 Chris Simon Drive, Wawa, ON	Wed & Fri 10:30-11:30 am	Christine Rask	705-852-1089	chrisrask@shaw.ca
Hawk Junction (Bilingual)	Hawk Junction Community Centre	96 Cedar, Hawk Junction, ON	Please contact Kyla via email re: next class	Kyla Ward		kyla.infinity.wellness@gmail.com

For more info on available exercise classes in your community call your Algoma Public Health or visit www.algomapublichealth.com ~ Class info is subject to change ~
 Pour plus d'information sur Les classes disponibles dans votre communauté, veuillez visiter www.algomapublichealth.com ~ Le temps et lieux des classes peuvent changer ~

As of: August 31, 2018