



Join FREE exercise classes for Older Adults (65+)

North Bay and area / Parry Sound and area

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

No registration required ~ Drop in welcome ~ Times and locations 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
Sturgeon Falls (Bilingual)	West Nipissing Residence 1	163 King Street, Sturgeon Falls, ON	Mon & Thurs 10-11am	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Sturgeon Falls (Bilingual)	West Nipissing Residence 2	140 Parker Street Sturgeon Falls, ON	Tues & Thurs 11am - 12pm	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Sturgeon Falls (Bilingual)	West Nipissing Villa Aubin	145 Hilditch Sturgeon Falls, ON	Mon: 11:00am Wed: 10:00am	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Sturgeon Falls (Bilingual)	West Nipissing Community Health Centre	145 Main Road, Sturgeon Falls, ON	Mon: 11:00am Wed: 10:00am	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Sturgeon Falls (Bilingual)	Joie de Vivre	715 Coursol Road, Sturgeon Falls, ON	Mon: 2:45pm	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Sturgeon Falls (Bilingual)	Villa des Pignons	709 Coursol Road, Sturgeon Falls, ON	Tues: 2:30pm	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Sturgeon Falls (Bilingual)	Villa du Loisir	106 rue Michaud, Sturgeon Falls, ON	Wed: 2:45pm	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Sturgeon Falls (Bilingual)	Domaine Leclair	711 Coursol Road, Sturgeon Falls, On	Tues: 2:30pm	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Cache Bay (Bilingual)	Cache Bay United 50+ Club	53 Bain Street Cache Bay, ON	Mon: 6:30pm Wed: 11:00am	Celeste Auger Proulx	705-753-0151 ext 214	cap@cscno-wnchc.org
Corbeil (English)	Corbeil Park Hall	392 Hwy 392 Corbeil, ON	Mon & Fri 9:30-10:30am	Ginette Gagnon	705-472-8050	Ginette.Gagnon@von.ca
North Bay (English)	Castle Arms (I)	400 Olive Street North Bay	Call to confirm	Kim Summers	705-495-4391	ksummers@paramed.com

North Bay (English)	Castle Arms (II)	400 Olive Street North Bay	Call to confirm	Kim Summers	705-495-4391	ksummers@paramed.com
North Bay (English)	Castle Arms (III)	400 Olive Street North Bay	Call to confirm	Kim Summers	705-495-4391	ksummers@paramed.com
North Bay (English)	Marina Point	225 Oak Street West, North Bay	Call to confirm	Kim Summers	705-495-4391	ksummers@paramed.com
North Bay (English)	Marina Point	225 Oak Street West, North Bay	Call to confirm	Kim Summers	705-495-4391	ksummers@paramed.com
North Bay (English)	The Barclay House	600 Chippewa Street West	Call to confirm	Kim Summers	705-495-4391	ksummers@paramed.com
North Bay (English)	Place St. Vincent	250 Victoria St. E North Bay, ON	Wed: 12:30pm Fri: 9:00-10:00am	Ginette Gagnon	705-472-8050	Ginette.Gagnon@von.ca
East and West Parry Sound, Ontario						
Rosseau (English)	Ruth Dare Clinic	17 Victoria Street, Rosseau	Call to confirm	Susan Sanger	705-732-6289	n/a
Parry Sound (English)	Parry Sound YMCA	36 Smith Crescent Parry Sound	Call to confirm	Peter Bertrand	705-746-0511	Peter.Bertrand@sm.ymca.ca
Parry Sound (English/German)	Belvedere Heights	21 Belvedere Avenue, PS	Call to confirm	Linda Taylor	705-746-5602	ltaylor@belvedereheights.com
Magnetawan (English)	Magnetewan Community Centre	4303 Hwy 520 Magnetewan	Call to confirm	Cindy Leggett	705-382-2679	fitchic48@gmail.com
Powassan (English)	Senior for the Pines	325 Katherine St, Powassan	Call to confirm	Betty Alice	705-724-5804 705-724-2561	Bbasso10@yahoo.com
Trout Creek (English)	Trout Creek Seniors' Club	215 Morrison St. Trout Creek	Call to confirm	Sue Linklater	705-723-5731	esadlink@gmail.com
McKellar (English)	McKellar Community Centre	701 HWY 124 McKellar	Call to confirm	Patty Eaton	705-389-9649	pateaton17@gmail.com
Carling (English)	Carling Community Centre	2 West Carling Bay Rd.	Call to confirm	Margaret Lloyd	705-342-1701	n/a
Humphrey	Humphrey Community Centre	15 Humpfrey Dr.	Call to confirm	Magda Tarco	905-220-6494	magdajustbe@icloud.com
Orrville	Community Centre	1207 Hwy 518	Call to confirm	Magda Tarco	905-220-6494	Magdajustbe@icloud.com
Dunchurch	Dunchurch Community Centre	Hwy 124 Dunchurch	Call to confirm	Barb Bennett	705-389-9828	footcare.bennett@gmail.com

For more information on available exercise classes in your community call your health unit at 1-800-563-2808

Pour plus d'information sur les classes disponibles dans votre communauté, veuillez appeler 1-800-563-2808

Class info subject to change ~ Le temps et lieux des classes peuvent changer

