



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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	Villa Santa Maria	4 East Street	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca
Elliot Lake <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	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 <i>(English)</i>	Hillside Park Retirement Residence	11 Mississauga Avenue	Call to confirm	Aissa Diaz	1-866-886-4172 ext 5211	Aissa.diaz@carepartners.ca
Wawa <i>(Bilingual)</i>	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 <i>(Bilingual)</i>	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