Exercise classes - Winter 2017

HUB	Location	Address	Days and Times / Jours et temps					Language	Contact person(ne) Contacte	Email/Couriel
			M	T	W	T	F			
Algoma	The Dr. Harold S. Trefry Memorial Center	1209 Catherine St., Richards Landing, ON	10:00 AM			1:00 PM		English	Melinda Thomas 705-246-0036	dr.trefrycentre@one-mail.on.ca
Algoma	North Shore Health Network	12 Hudson, Blind River ON		1:30 PM		1:30 PM		English	Darlene Wilkins 705-356-2455 ext 2455	dwilkins@nshn.care
Algoma	Michipicoten Memorial Community Centre	3 Chris Simon Drive, Wawa ON	10:00 AM				1:00 PM	Bilingual	Christine Rask 705-852-1089	chrisrask@shaw.ca
Algoma	Laird Community Hall	3 Pumpkin Point Rd. West, Echo Bay, ON	10:00 AM			10:00 AM		English	Melinda Thomas 705-246-0036	dr.trefrycentre@one-mail.on.ca
Algoma	Bruce Mines Community Hall	9180 Hwy 17, Bruce Mines	12:00 PM		12:00 PM			English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Algoma	Light Haven Retirement Home	38 Desbarats St. Bruce Mines, ON	1:30 PM		1:30 PM			English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Algoma	PHARA Westwind Shores	135 Dawson St, Thessalon,ON		12:00 PM		12:00 PM		English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Algoma	SSM Public Library	50 East Street, Sault Ste.Marie		2:30 PM		2:30 PM		English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Algoma	Royal Canadian Legion Branch 25	96 Great Northern Rd, Sault Ste. Marie		9:15 AM		9:15 AM		English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Algoma	Nothern Community Centre	556 Goulais Ave. Sault Ste. Marie		10:45 AM		10:45 AM		English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Algoma	Red Cross	5-476 Trunk Rd. Sault. Ste Marie		1:00 PM		1:00 PM		English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Algoma	Great Northern Retirement Home	760 Great Northern Rd, Sault Ste. Marie, ON	9:30 AM		9:30 AM	9:30 AM		English	Asa Chong	asachong@yahoo.com
Cochrane	Services de sante de Chapleau health Services	101 Pine St. Chapleau, ON	9:00 AM		9:00 AM	9:00 AM		English	Krista Hunter 705-864-1086	hkill@sschc.ca
Cochrane	Health Promotion Centre	723 Synagogue Ave. Iroquois Falls, ON		10:30 AM		10:30 AM		Bilingual	Rozanne Charettte 705-232-6777	rozanne.charette@gmail.com
Cochrane	Veillir chez soi - Smooth Rock Falls	193 Gordon Ave. Smooth Rock Falls, ON		2:00 PM				Bilingual	Carole Cloutier 705-338-3224	carolecloutier@srfhosp.ca
Cochrane	Veillir chez soi - Mattice	165 Mgr Proulx Ave.	10:00 AM		10:00 AM			Francais	Stéphanie Larose 705-362-4144	vcshearst@ntl.sympatico.ca

Cochrane	The Walford Timmins	750 Tamarack Street, Timmins, ON P4N 0A4	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Maple Villa	436 11th Avenue, Cochrane ON		9:00 AM			9:00 AM	English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Birch Villa	437 11th Avenue, Cochrane ON		8:30 AM			8:30 AM	English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Cochrane Retirement Living	500- 12th Ave, Cochrane ON	3:00 PM		3:00 PM			English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	CDSSAB- Residence	500 12th Ave. North Cochrane ON		2:00 PM			1:00 PM	Bilingual	Melanie Bernard 705-272-2225	stjagul@cdssab.on.ca
Cochrane	Corporation du canton d'Opasatika	6 St-Antoine Road, Opasatika ON	1:30 PM		1:30 PM			Bilingual	Alain Tremblay 705-369-4531	twpopas@persona.ca
Cochrane	Corporation du canton Moonbeam	1 Pelltier, Moonbeam ON		1:30 PM	1:30 PM			Bilingual	Murielle Turcotte 705-367-5825	murielle.turcotte@gmail.com
Nip/Tim	Royal Canadian Legion	175 Pine St. Elk Lake		10:00 AM		10:00 AM		Francais	Julie Laplante 705-563-8110	julielaplante@csctim.on.ca
Nip/Tim	Tweedsmuir Residence	Résidence Tweedsmuir, 25 Tweedsmuir St. Kirkland Lake,On		10:00 AM		10:00 AM		Francais	Carole Godmaire 705-567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	Town Hall Larder Lake	69 Fourth Ave, Larder Lake, ON	11:00 AM		11:00 AM			Francais	Carole Godmaire 705-567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	McGarry Recreation Centre	70 Government Rd. Virginiatown	1:15 PM		1:15 PM			Francais	Carole Godmaire 705 567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	McGarry Recreation Centre	70 Government Rd. Virginiatown	2:15 PM		2:15 PM			Francais	Carole Godmaire 705 567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	Centre de sante Communautaires Timiskaming	22 Water Lane, Kirkland Lake, ON P2N 3M6	9:00AM		9:00AM			Francais	Carole Godmaire 705 567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	West Nipissing Residence 1	163 King St. Sturgeon Falls, On P2B 2Y4	10:00 AM			10:00 AM		Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	West Nipissing Residence 2	140 Parker St. Sturgeon Falls, P2B 2Y5		11:00 AM		11:00 AM		Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	West Nipissing Villa Aubin	145 Hilditich, Sturgeon Falls, On P2B 2Y3	11:00 AM		10:00 AM			Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	WNCHC	145 Main Rd. Sturgeon Falls, On P2B 1N8	11:00 AM		10:00 AM			Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	Cache Bay United 50+ Club	53 Bain St, Cache Bay	6:30 PM		11:00 AM			Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	Place St. Vincent	250 Victoria St E, North Bay, ON			12:30 PM		9:00 AM	English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Nip/Tim	East Ferris Community Centre	390 Hwy 94, Corbeil	9:30 AM				9:30 AM	English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca

Nip/Tim	Castle Arms (I)	400 Olive Street, North Bay, ON	10:00 AM				12:30 PM	English		
Nip/Tim	Castle Arms (II)	400 Olive Street, North Bay, ON	9:00 AM	9:00 AM			1:00 PM	English		
Nip/Tim	Castle Arms (III)	400 Olive Street, North Bay, ON	9:30 AM	9:30 AM			1:30 PM	English		
Nip/Tim	Empire Living Centre	425 Fraster Street, North Bay, ON	9:00 AM, 10:00 AM & 10:30 AM		9:00 AM, 10:00 AM & 10:30 AM		9:00 AM, 10:00 AM & 10:30 AM	English		
Sud/Man/PS	Magnetewan Area Community centre	4304 HWY 520, Magnetewan ON		1:00 PM		1:00 PM		English	Cindy Leggett 705-382-2679	fitchic64@hotmail.com
Sud/Man/PS	Parry Sound YMCA	36 Smith Cres. Parry Sound ON	2:00 PM		2:00 PM			English	Angela Sallinen 705-746-0511	angela_sallinen@ymca.ca
Sud/Man/PS	WPSD CSS	21 Belvedere Ave. Parry Sound ON				9:00 AM & 1:00 PM		German & English	Linda Taylor	ltaylor@belverdereheights.com
Sud/Man/PS	Orville Community Centre	1207 HWY 518, Orville ON			10:00 AM			English	Magda Tarko	magdajustbe@cloud.com
Sud/Man/PS	Humphrey Community Centre	15 Humphrey Dr. Seguin ON		9:30 AM		9:30 AM		English	Magda Tarko	magdajustbe@cloud.com
Sud/Man/PS	McKellar Community Centre	701 HWY 124 McKellar ON	10:00 AM		10:00 AM			English	Pat Eaton	pateaton17@gmail.com
Sud/Man/PS	Seniors for the Pines at Powassan	325 Catherine St. Powassan ON			1:00 PM			English	Betty Basso & Alice Boissoneault	bbasso10@yahoo.com
Sud/Man/PS	Trout Creek Friendship Club	138 McEachren St. Trout Creek ON	2:00 PM			9:00 AM		English	Sue Linklater	esadlink@bell.net
Sud/Man/PS	Rosseau Nursing Station	17 Victoria St. West Rosseau ON	10:00 AM		10:00 AM			English	Susan Sangster	
Sud/Man/PS	Whitestone Public School	9 Moore Dr. Dunchurch ON	10:30 AM		10:30 AM			English	Barb Bennett	footcare.bennett@gmail.com
Sud/Man/PS	Carling Community Centre /Margaret Lloyd	2 West Carling Bay Road		10:00 AM		10:00 AM		English	Margaret Llyod 705-342-1701	mmb42@hotmail.com
Sud/Man/PS	Le Rendezvous	127 David St. Noelville ON	9:15 AM			9:15 AM		Bilingual	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	L'Eglise St-Charles Borromee	31 Main St. St-Charles ON	11:00 AM			11:00 AM		Bilingual	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	Centre de sante communautairs de Sudbury East	39 Lafontaine St. Warren ON	1:30 PM			1:30 PM		Bilingual	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca

Sud/Man/PS	Sparrow's Nest Apartment Building	HWY 551, Mindemoya ON		2:00 PM		2:00 PM		English	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	VON Day Centre	5 Duke St. Mindemoya ON	11:00 AM	1:00 PM		11:00 AM	1:00 PM	English	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	Church of the Ascension	1476 Sparks St. Sudbury ON			10:30 AM		10:30 AM	English	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	New Sudbry Library	1346 Lasalle Blvd. Sudbury ON	10:00 AM				10:00 AM	English	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	VON -720 Bruce	720 Bruce Street Sudbury ON		11:00 AM		11:00 AM		English	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	CNIB	303 York Street Sudbry ON		10:00 AM		10:00 AM		English	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	St. Matthew's Church	264 Mckenzie St. Sudbury ON		11:30 AM		11:30 AM		English	Stephen Bruschett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	Bayview Condominiums	2000 Regent St. South, Sudbury ON	11:15 AM		10:00 AM		10:30 AM	English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Benvenuto Apartments	1147 Ramsey Vew, Sudbury ON		12:00 PM		12:00 PM		English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Birch Glen	1601 Paris St. Sudbry ON		11:00 AM		11:00 AM	11:00 AM & 12:00 PM	English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	City View Gardens	200 Anne Road, Sudbury ON	11:00 AM		11:00 AM			English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Meadowbrook Retirement Village	18 Jacobson Dr. Lively ON	11:00 AM	11:00 AM & 11:30 AM	11:00 AM & 11:30 AM	11:00 AM & 11:30 AM		Bilingual	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Red Oak Villa	20 St-Anne Road, Sudbury ON	10:00 AM	2:30 PM	10:00 AM	1:30 PM	10:00 AM	Bilingual	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Regent Court	3101-327 Marttila Dr. Sudbury ON		9:00 AM		9:00 AM		Bilingual	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Rockview Co-Op	211 Caswell Dr. Sudbury ON	1:30 PM		1:30 PM		1:30 PM	English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Roview Towers	1250 Ramsey View Crt. Sudbury ON	2:15 pm & 3:00 PM		2:15 pm & 3:00 PM		2:15 pm & 3:00 PM	Bilingual	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Solidarity Lodge	111 Notre Dame Ave. Sudbuyr ON		1:00 PM		1:00 PM		English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Southwind Retirement Residence	1645 Paris St. Sudbury ON	9:00, 9:30 am & 1:15 PM	1:15 PM	9:00, 9:30 am & 1:15 PM		9:00 & 9:30 am	Bilingual	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	St. Andrew's Place	111 larch St. Sudbury ON	12:00 PM		12:00 PM		11:00 AM	English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	Starbury Tower	400 Telstar Ave. Sudbury ON	10:45 AM		10:45 AM	10:30 AM		English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	The Amberwood Suites (The Breezes)	1385 Regent St. Sudbury ON	1:15 PM	10:15 AM	1:15 PM	10:15 AM	1:15 PM	English	1-877-351-3462	btr-windsor@bayshore.ca

Sud/Man/PS	The Meridian Apartments	327 Marttila Dr. Sudbury ON	9:00 AM		9:00 AM		9:00 AM	English	1-877-351-3462	btr-windsor@bayshore.ca
Sud/Man/PS	The Summit	1170 Ramsey View Crt. Sudbury ON		11:15 AM	11:30 AM	11:15 AM		English	1-877-351-3462	btr-windsor@bayshore.ca