

Exercise classes - Winter 2017

HUB	Location	Address	Days and Times / Jours et temps					Language	Contact person(ne) Contacte	Email/Courriel
			M	T	W	T	F			
Algoma	The Dr. Harold S. Trefry Memorial Center	1209 Catherine St., Richards Landing, ON	10:00 AM			10:00 AM		English	Melinda Thomas 705-246-0036	dr.trefrycentre@one-mail.on.ca
Algoma	Laird 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	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	PHARA Thessalon	135 Dawson St, Thessalon, ON	1:00 PM		1:00 PM			English	Susan Brisson	susanmbrisson@sympatico.ca
Algoma	Huron Shores Family Health Team	527 Causley Street		2:30 PM		2:30 PM		English	Lisa Trivers 705-356-2265 ext 2482	ltrivers22@gmail.com
Algoma	SSM Public Library	50 East St., Sault Ste Marie	1:15 PM			1:15 PM		English	Kim Paradis 705-942-8200	kim.paradis@von.ca
Algoma	Royal Canadian Legion Branch 25	96 Great Northern Rd, Sault Ste. Marie		9:15 AM			9:15 AM	English	Kim Paradis 705-942-8200	kim.paradis@von.ca
Algoma	Skyline Apartments	621 MacDonald Ave. Sault Ste. Marie, ON P6B 6A5	11:15 AM				1:15 PM	English	Kim Paradis 705-942-8200	kim.paradis@von.ca
Algoma	Seniors Drop in Centre	619 Bay St, Sault Ste. Marie		3:45 PM		10:15 AM		English	Kim Paradis 705-942-8200	kim.paradis@von.ca
Algoma	Steelton Senior Citizens Centre	235 Wellington St W, Sault Ste. Marie, ON		10:45 AM			10:45 AM	English	Kim Paradis 705-942-8200	kim.paradis@von.ca
Algoma	Chapple Apartments	55 Chapple St. Sault Ste. Marie, ON		1:15 PM		1:15 PM		English	Kim Paradis 705-942-8200	kim.paradis@von.ca
Algoma	Columbian Towers	277 Northern Ave. East, Sault Ste. Marie, ON		2:30 PM		2:30 PM		English	Kim Paradis 705-942-8200	kim.paradis@von.ca
Algoma	Great Northern Retirement Home	760 Great Northern Rd, Sault Ste. Marie, ON	9:00 AM		9:00 AM	9:00 AM		English	Asa Chong	asachong@yahoo.com
Algoma	Elliot Lake Retirement Living:	Bldg #1 - 1 Washington Cr	1:00 PM		1:00 PM	1:00 PM		English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Algoma	Elliot Lake Retirement Living:	Bldg #2 - 3 Washington Cr	1:30 PM		1:30 PM	1:30 PM		English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Algoma	Elliot Lake Retirement Living:	Bldg #3 - 27 Mississauga	10:30 AM		10:30 AM	10:30 AM		English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca

Algoma	Elliot Lake Retirement Living:	Bldg #4 - 100 Warsaw Place	11:00 AM		11:00 AM	11:00 AM		English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Algoma	Hillside Park Retirement Residence	11 Mississauga Ave, Elliot Lake, ON P5A 1E1	9:30 AM		9:30 AM	9:30 AM		English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Algoma	Villa Santa Maria	4 East Street, Sault Ste. Marie, ON	1:00 PM	1:00 PM		1:00 PM		English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Algoma	Michipicoten Memorial Community Centre (MMCC)	2 Chris Simon Drive, Wawa, ON			10:30 AM		10:30 AM	Bilingual	705-856-2244 ext 240	jhardy@wawa.ca
Algoma	Hawk Junction Community Centre	96 Cedar, Hawk Junction, ON			1:30 PM		1:30 PM	Bilingual	Christine Rask 705-852-1089	chrisrask@shaw.ca
Cochrane	Corporation du canton d'Opasatika	6 rue St-Antoine, Opasatika, ON	1:30 PM		1:30 PM			Bilingual	Alain Tremblay 705-369-4531	twpopas@persona.ca
Cochrane	Corporation du canton de Moonbeam	1 rue Pelletier, Moonbeam, ON		1:30 PM	1:30 PM			Bilingual	Murielle Turcotte 705-367-5825	murielle.turcotte@gmail.com
Cochrane	Back in Motion - Cochrane	500- 12th Ave. North, Cochrane, ON		2:00 PM			1:00 PM	Bilingual	Melanie Bernard 705-272-2225	melanie.bernard@hotmail.com
Cochrane	Health Promotion Centre- Chamber of Commerce	723 Synagogue Ave. Iroquois Falls, ON		1:00 PM	1:00 PM			Bilingual	Darcy Cybolsky 705-232-4656	office@iroquoisfallschamber.com
Cochrane	Veillir chez soi - Smooth Rock Falls	193 Gordon Ave. Smooth Rock Falls, ON		1:00 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	Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	City of Timmins Proposal	58 Lakeview, South Porcupine	2:00 PM	2:00 PM		2:00 PM		Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	City of Timmins Proposal	646 Bartleman St.	1:00 PM		1:00 PM		1:00 PM	Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Le Mirage - Foyer Des Aines Francophone	44 Borden Ave., Timmins, ON		11:30 AM		11:30 AM		Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Melrose Apartments	491 Melrose Blvd., Timmins, ON		10:30 AM		10:30 AM		Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Rainbow Suites (RH)	1212 Riverside Drive, Timmins P4R 1A4		1:15 PM		1:15 PM		Francais	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Spruce Hill Lodge (RH)	200 Bruce Ave W, South Porcupine P0N 1H0	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	St Mary's Garden	225 Fifth Ave. Timmins, ON	1:40 PM		1:40 PM		1:40 PM	Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca

Cochrane	The Chateau Georgian Residence	455 Cedar St N, Timmins, ON P4N 8K4	10:45 AM		10:45 AM		10:45 AM	Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Cochrane	Timmins Finnish Seniors Home	231 Huot St., South Porcupine, ON	4:00 PM		4:00 PM	4:00 PM		Bilingual	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
James/Hudson Bay Coast	Canadian Red Cross	21 First Avenue, Moosonee		tbd		tbd		Cree	Tracy Kapashesit 705-336-2302	tracy.kapashesit@redcross.ca
James/Hudson Bay Coast	Canadian Red Cross	Peawanuck					tbd	English/Cree	Felicia Danesi	felicia.danesi@redcross.ca
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	Englehart Arena Complex	80, 7th Ave. Englehart, ON	4:30 PM		4:30 PM				Val Kennedy 705-471-5264	avalonbyexperience@yahoo.ca
Nip/Tim	Tweedsmuir Residence A	Résidence Tweedsmuir A, 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	69 Fourth Ave, Kirkland Lake, ON	11:00 AM		11:00 AM			Francais	Carole Godmaire 705 567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	Ronocco House	5 Bayview Lane, Temagami	1:30 PM						Rhonda Etmanski 705-569-2636	rhondaetmanski@live.ca
Nip/Tim	Royal Canadian Legion	11 Parkview Lane Temagami, ON			10:00 AM				Rhonda Etmanski 705-569-2636	rhondaetmanski@live.ca
Nip/Tim	McGarry Recreation Centre	70 Government Rd. Virginiatown	2:00 PM			2:00 PM		Francais	Carole Godmaire 705 567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	McGarry Recreation Centre	70 Government Rd. Virginiatown	3:00 PM			3:00 PM		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	Riverside Place	55 Whitewood Ave. New Liskeard, ON	10:00 AM						Tai Chi Society 705-647-3119	newliskeard@taoist.org
Nip/Tim	Haileybury Arena	500 Ferguson Ave. Haileybury, ON				10:00 AM			Tai Chi Society 705-647-3119	newliskeard@taoist.org
Nip/Tim	CSCT	22 Water Lane, Kirkland Lake, ON P2N 3M6		10:00 AM	10:00 AM			Francais	Carole Godmaire 705-567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	Joe Mavrincac Community Complex	55 Allen Ave.		10:00 AM		10:00 AM			Kim Klockars 705-567-5215	Kim.Klockars@tkl.ca

Nip/Tim	Place St. Vincent	250 Victoria St E, North Bay			12:30 PM		9:00 AM	English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Nip/Tim	Le Rendezvous	127 David St. N, Noelville	9:15 AM			9:15 AM		Bilingual	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Nip/Tim	L'Église St-Charles Borromée	31 Main St, St. Charles	11:00 AM			11:00 AM		Bilingual	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Nip/Tim	Centre de santé communautaire de Sudbury-Est	39 Lafontaine St, Warren	1:30 PM			1:30 PM		Bilingual	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	10:00 AM			12:30 PM	English	Liette Laberge	llaberge@paramed.com
Nip/Tim	Castle Arms (II)	400 Olive Street, North Bay, ON	9:00 AM	9:00 AM			1:00 PM	English	Liette Laberge	llaberge@paramed.com
Nip/Tim	Castle Arms (III)	400 Olive Street, North Bay, ON	9:30 AM	9:30 AM			1:30 PM	English	Liette Laberge	llaberge@paramed.com
Nip/Tim	Marina Point	225 Oak Street West, North Bay, ON	11:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM	English	Liette Laberge	llaberge@paramed.com
Nip/Tim	Marina Point	225 Oak Street West, North Bay, ON	1:30 PM		1:30 PM			English	Liette Laberge	llaberge@paramed.com
Nip/Tim	The Barclay House	600 Chippewa St W, North Bay, ON		9:00 AM		9:00 AM	9:00 AM	English	Liette Laberge	llaberge@paramed.com
Nip/Tim	McKellar Community Centre	701 Hwy 124	10:30 AM		10:30 AM			English	Patty Eaton 705-389-9649	pateaton17@gmail.com
Nip/Tim	Carling Community Centre	2 West Carling Bay Rd.		10:00 AM		10:00 AM		English	Margaret Lloyd 705-342-1701	
Nip/Tim	Trout Creek Senior's Club	138 McEachren St. Trout Creek	12:00 PM					English	Sue Linklater 705-723-5731	esadlink@bell.net
Sud/Man/PS	Ruth Dare Clinic	17 Victoria Street, Rosseau, ON	10:00 AM		10:00 AM			English	Susan Sanger 705-732-6289	
Sud/Man/PS	Parry Sound YMCA	36 Smith Crescent, Parry Sound, ON, P2A 2W9	2:30 PM		2:30 PM			English	Angela Sallinen 705-746-0511	Angela.sallinen@ymca.ca
Sud/Man/PS	Belvedere Heights	21 Belvedere Ave				9:30 AM		German/ Englih	Linda Taylor 705-746-5602	ltaylor@belvedereheights.com
Sud/Man/PS	Belvedere Heights	21 Belvedere Ave				1:30 PM		German/ Englih	Linda Taylor 705-746-5602	ltaylor@belvedereheights.com
Sud/Man/PS	Magnetewan Community Centre	4304 Hwy 520 Magnetewan, ON P0A 1P0		11:00 AM		11:00 AM		English	Cindy Leggett 705- 382-2679	cleggett@sympatico.ca

Sud/Man/PS	Seniors for the Pines at Powassan	325 Katherine Cres.			1:00 PM			English	Betty 705-724-5804 Alice 705-724-2561	bbasso10@yahoo.com
Sud/Man/PS	Sparrow's Nest Apartments	Hwy 551, Mindemoya, ON POP1S0		2:00 PM		2:00 PM		English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	Forever Young Elders Building	13 Hill St, Aundeck Omni Kaning			please contact 705-368-2182			English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	Sheguiandah Health Centre	76 O'Gemah Miikan, Sheguiandah			please contact 705-368-2182			English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	Sheshegwaning Drop in Center	1079A Sheshegwaning Rd, Sheshegwaning			please contact 705-368-2182			English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	New Sudbury Library	1346 Lasalle Blvd. Sudbury, ON	10:00 AM				10:00 AM	English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	MS Centre of Hope	2750 Bancroft Dr. Sudbury, ON	11:15 AM				11:15 AM	English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	CNIB	303 York St. Sudbury, ON		9:30 AM			11:30 AM	English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	Church of Ascension	1496 Sparks St. Sudbury, ON			9:00 AM		9:00 AM	English	Stephen Brushett 705-671-1575	stephen.brushett@von.ca
Sud/Man/PS	720 Bruce St.	720 Bruce St. Sudbury, ON		11:30 PM			9:30 AM	English	Stephen Brushett 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 View ., 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. Sudbury, ON P3E 5N3		11:30 PM			11:30 PM	English	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	City View Gardens	200 Anne Rd. Sudbury, ON	11:00 AM		11:00 AM			English	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	Golden Years Retirement Home	1677 St. Jean St. ValCaron, ON P3N 1N1	10:15 AM				10:15 AM	English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Sud/Man/PS	La Place des Bons Amis	1699 St. Jean St. ValCaron, ON	11:00 AM				11:00 AM	English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca
Sud/Man/PS	Meadowbrook Retirement Village/Lively Senior Apartments	18 Jacobson Dr. Lively, ON P3Y 1P7		11:00 AM	11:00 AM		11:00 AM	Bilingual	1.877.351.3462	btr-windsor@bayshore.ca

Sud/Man/PS	Queensway Place	799 Queensway, Espanola, ON		9:00 AM		9:00 AM		English	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	Red Oak Villa	20 Ste-Anne Road, Sudbury, ON P3C 5N4	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 Drive, Sudbury, ON		9:00 AM		9:00 AM		English	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	Rockview Co-Op	211 Caswell Dr., Sudbury, ON P3E 2P1	1:30 PM		1:30 PM		1:30 PM	English	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	Rockview Towers	1250 Ramsey View Crt., Sudbury, ON P3E 2E7	2:30 PM		2:30 PM		2:30 PM	Bilingual	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	Solidarity Lodge	111 Notre Dame Ave., Sudbury, 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 P3E 0A5	9:00 AM		9:00 AM		9:00 AM	Bilingual	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	Southwind Retirement Residence	1645 Paris St, Sudbury, ON P3E 0A5	1:00 PM	1:00 PM	1:00 PM			Bilingual	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	St. Andrew's Place	111 Larch Street, 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 Aveune, Sudbury, ON		10:30 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 P3E 3Z1	1:15 PM	10:15 AM	1:15 PM	10:15 AM	1:15 PM	Bilingual	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	The Meridian Apartments	327 Marttila Drive, 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 Court, Sudbury, ON		11:15 AM	11:30 AM	11:15 AM		English	1.877.351.3462	btr-windsor@bayshore.ca
Sud/Man/PS	Ukrainian Barvinok Retirement Home	210 Lloyd St, Sudbury, ON P3B 1N2	11:45 AM		11:45 AM		11:45 AM	English	Aissa Diaz 1-866-886-4172 ext 7249	Aissa.Diaz@CarePartners.ca