



Join FREE exercise classes for Older Adults (65+)

PORCUPINE

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 |
|---|---|---|---------------------------------------|---------------------------|-------------------------|--|
| Opasatika <i>(Bilingual)</i> | Coproation du Canton d'Opasatika | 6 rue St-Antoine, Opasatika, ON | Mon & Wed 1:30-2:30pm | Francis Lamontagne | 705-369-4531 | Twpopas@persona.ca |
| Cochrane <i>(Bilingual)</i> | Back in Motion | 500 12 th Avenue North, Cochrane, ON | Tues: 2:00-3:00pm Fri: 1:00-2:00pm | Chantal Joanis | 705-272-5084 | n/a |
| Moonbeam <i>(Bilingual)</i> | Corporation du Canton de Moonbeam | 1 rue Pelletier, Moonbeam, ON | Tues & Wed 1:30-2:30pm | Carole Grendon | 705-367-2244 | cgrendon@moonbeam.ca |
| Iroquois Falls <i>(Bilingual)</i> | Health Promotion Centre Chamber of Commerce | 723 Synagogue Avenue, Iroquois Falls, ON | Tues & Wed 1:00-2:00pm | Kassie Breton | 705-232-4656 | health@iroquoisfallschamber.com |
| Iroquois Falls | | 156 Picadilly | Mon & Thurs 3:05-3:50pm | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Smooth Rock Falls <i>(Bilingual)</i> | Veillir chez soi | 193 Gordon Avenue, Smooth Rock Falls, ON | Tues 1:00-2:00pm | Carole Cloutier | 705-338-3224 | carolecloutier@srfhosp.ca |
| Mattice <i>(Français)</i> | Veillir chez soi | 165 Mgr Proulx Avenue, Mattice, ON | Mon & Fri 10:00 -11:00 am | Stéphanie Larose | 705-362-4144 | vscheerst@ntl.sympatico.ca |
| South Porcupine <i>(English)</i> | Lakeview Apartments | 58 Lakeview | Mon, Tues, Thurs 3:30 – 4:00 pm | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| South Porcupine <i>(Bilingual)</i> | Spruce Hill Lodge | 200 Bruce Avenue West | 5 days a week 9:00 – 10:00am | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| South Porcupine <i>(English)</i> | Finnish Home (Kulta Koti) | 231 Huot Street | Mon, Wed, Thurs 4:00-4:30 pm | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Timmins <i>(Bilingual)</i> | The Walford | 750 Tamarack Street | 5 days a week 9:30-10:00am | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Timmins <i>(English)</i> | Bartleman Apts (CDSSAB Building) | 646 Bartleman Street | Mon, Wed, Fri 1:00-1:40 pm | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |

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|------------------------|---|------------------------------|----------------------------------|---------------|-------------------------|--|
| Timmins (French) | Le Mirage – Foyer Des Aines Francophone | 44 Borden Avenue | Tues & Thurs 11:20 – 11:50 am | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Timmins (Bilingual) | Melrose Apartments (CDSSAB) | 491 Melrose Blvd | Tues & Thurs 10:30- 11:15 0am | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Timmins (Bilingual) | Rainbow Suites | 1212 Riverside Drive | Tues & Thurs 1:15-2:15pm | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Timmins (English) | St. Mary's Garden | 225 Fifth Avenue | Mon, Wed, Fri 1:40-2:40pm | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Timmins (English) | The Chateau Georgian Residence | 455 Cedar Street North | Mon, Wed, Fri 10:45-11:45am | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Timmins | Mount Joy Senior Apt Building | 67 Mount Joy St North | Mon, Wed, Fri 11:30 – 12:00 | Aissa Diaz | 1-866-886-4172 ext 5211 | Aissa.diaz@carepartners.ca |
| Chapleau | Services de Santé de Chapleau Health Services | 101 Pine Street Chapleau, ON | Mon, Wed, Fri 9:00 – 10:00am | Krista Hunter | 705-864-1086 | ncomte@sschs.ca |

For more info on available exercise classes in your community visit www.porcupinehu.on.ca/en/your-health/stay-on-your-feet

Pour plus d'information sur Les classes disponibles dans votre communauté, veuillez visiter www.porcupinehu.on.ca/fr/votre-sante/avancez-de-pied-ferme

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

As of: August 31, 2018