



Join FREE exercise classes for Older Adults (65+)

Sudbury / Manitoulin

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

No registration required ~ Drop in welcome
 Sans rendez-vous ~ Aucune inscription requise

Supported by: / Financé par :



Municipality municipalité	Location emplacement	Address adresse	Days and Times journée et temps	Contact Person contact	Phone téléphone	Email
Mindemoya <i>(English)</i>	VON Day Centre	5 Duke Street, Mindemoya, ON	Tues, Wed, Thurs 11:00-12:00pm	Nicole Gervais	705-671-1572	Nicole.Gervais@von.ca
Sudbury <i>(English)</i>	New Sudbury Library	1346 Lasalle Blvd, Sudbury, ON	Mon, Fri 10:00-11:00am	Bonnie MacKinnon	705-671-1575	Bonnie.Mackinnon@von.ca
Sudbury <i>(English)</i>	Church of Ascension	1476 Sparks Street, Sudbury, ON	Wed, Fri 10:30-11:30am	Bonnie MacKinnon	705-671-1575	Bonnie.Mackinnon@von.ca
Sudbury <i>(English)</i>	CNIB	303 York Street, Sudbury, ON	Tues, Thurs 10:00-11:00am	Bonnie MacKinnon	705-671-1575	Bonnie.Mackinnon@von.ca
Sudbury <i>(English)</i>	CNIB	303 York Street, Sudbury, ON	Tues, Thurs 11:00-12:00pm	Bonnie MacKinnon	705-671-1575	Bonnie.Mackinnon@von.ca
Sudbury <i>(English)</i>	Bayview Condominiums	2000 Regent Street South Sudbury, ON	Mon: 11:15-12:15pm Wed: 10:00-11:00am Fri: 10:30-11:30am	Clinical Manager	1-877-351- 3462	Btr-windsor@bayshore.ca
Sudbury <i>(English)</i>	Benvenuto Apartments	1147 Ramsey View Sudbury, ON	Tues, Thurs 12:00-1:00pm	Clinical Manager	1-877-351- 3462	Btr-windsor@bayshore.ca
Sudbury <i>(English)</i>	Birch Glen	1601 Paris Street Sudbury, ON	Tues, Thurs, Fri 11:00am-12:00pm Fri: 12:00pm	Clinical Manager	1-877-351- 3462	Btr-windsor@bayshore.ca
Sudbury <i>(English)</i>	City View Gardens	200 Anne Road Sudbury, ON	Mon, Wed 11:00am-12:00pm	Clinical Manager	1-877-351- 3462	Btr-windsor@bayshore.ca
Sudbury <i>(English)</i>	Red Oak Villa	20 Ste-Anne Road Sudbury, ON	Mon, Wed, Fri 10:00-11:00am Tues 2:30-3:30pm	Clinical Manager	1-877-351- 3462	Btr-windsor@bayshore.ca

			Thurs 1:30-2:30pm			
Sudbury (English)	Regent Court	3101-327 Marttila Drive Sudbury, ON	Tues, Thurs 9:00-10:00am	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (English)	Rockview Co-Op	211 Caswell Drive	Mon, Wed, Fri 1:30-2:30pm	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (Bilingual)	Rockview Towers	1250 Ramsey View Court Sudbury, ON	Mon, Wed, Fri 2:15-3:15pm Mon, Wed, Fri 3:00-4:00pm	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (English)	Solidarity Lodge	111 Notre Dame Avenue Sudbury, ON	Tues, Thurs 1:00-2:00pm	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (Bilingual)	Southwind Retirement Residence	1645 Paris Street Sudbury, ON	Mon, Wed, Fri 9:00-10:00am Mon, Tues, Wed 1:15-2:15pm	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (English)	St. Andrews Place	111 Larch Street Sudbury, ON	Mon, Wed 12:00-1:00pm Fri: 11am-12pm	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (English)	Starbury Tower	400 Telstar Avenue Sudbury, ON	Mon, Wed 10:45-11:45am Thurs 10:30-11:30am	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (Bilingual)	The Amberwood Suites (The Breezes)	1385 Regent Street Sudbury, ON	Mon, Wed, Fri 1:15-2:15pm Tues, Thurs 10:15-11:15am	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (English)	The Meridian Apartments	327 Marttila Drive Sudbury, ON	Mon, Wed, Fri 9:00-10:00am	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Sudbury (English)	The Summit	1170 Ramsey View Court Sudbury, ON	Tues, Thurs 11:15am-12:15pm Wed 11:30-12:30pm	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
Lively (Bilingual)	Meadowbrook Retirement Village	18 Jacobson Drive Lively, ON	Mon, Tues, Wed, Thurs: 11:00am Tues, Wed, Thurs: 11:30am	Clinical Manager	1-877-351-3462	Btr-windsor@bayshore.ca
ValCaron (English)	Golden Years Retirement Home	1677 St. Jeans St. Val Caron, ON	Call to confirm	Aissa Diaz	1-866-886-4172 ext 7249	Aissa.diaz@carepartners.ca
ValCaron (English)	La Place des Bon Amis	1699 St. Jean Street Val Caron	Call to confirm	Aissa Diaz	1-866-886-4172 ext 7249	Aissa.diaz@carepartners.ca

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Noelville <i>(Bilingual)</i>	Le Rendezvous	127 David Street N, Noelville, ON	Mon, Thurs 9:15-10:15am	Bonnie MacKinnon	705-671-1575	Bonnie.Makinnon@von.ca
St. Charles <i>(Bilingual)</i>	L’Eglise St-Charles Borromée	31 Main Street, St. Charles, ON	Mon, Thurs 11 :00am-12:00pm	Bonnie MacKinnon	705-671-1575	Bonnie.Makinnon@von.ca
Warren <i>(Bilingual)</i>	Centre de santé communautaire de Sudbury-Est	39 Lafontaine Street, Warren, ON	Mon, Thurs 1:30-2:30pm	Bonnie MacKinnon	705-671-1575	Bonnie.Makinnon@von.ca

For more info on other available exercise classes in your community contact: Stay on Your Feet Sudbury Manitoulin 705-674-4330, 1-855-674-4330 toll free or email stayonyourfeet@sdhu.com ~ Class info is subject to change ~

Pour plus d’information sur les autres classes disponibles dans votre communauté contact: Stay on Your Feet Sudbury Manitoulin 705-674-4330, 1-855-674-4330 gratuit ou email stayonyourfeet@sdhu.com ~ Le temps et lieux des classes peuvent changer ~

As of: August 31, 2018