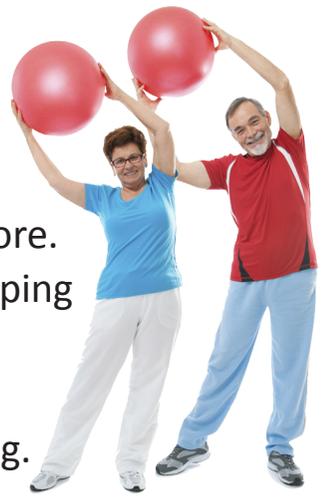




Stay Active Stay Independent Stay On Your Feet!



Older adults are living longer than ever before. Stay independent with quality of life by keeping healthy and preventing injury. Join a FREE exercise class to maintain your health and independence and reduce your risk of falling.

Are you an older adult wanting to be active and prevent a fall? Then **STAND UP!** is for you!

STAND UP! is a FREE group exercise program which:

- is conducted twice a week for 12 weeks
- is run by certified trainers
- gives advice on how to avoid falls
- teaches simple exercises to do at home

Location	To Register	Days and Times	Start & End Dates
Pool Fitness Centre 77 Wellington St., New Liskeard	705-647-5709	Tuesday & Thursday 9:15 to 10:45am	October 11 th to January 10 th
Timiskaming Home Support 367 Sutherland Way, Haileybury	705-672-2254 1-800-361-5820	Tuesday & Thursday 3:00 to 4:30pm	September 13 th to November 29 th
Northdale Manor 130 Lakeshore Rd N, New Liskeard	705-647-6541	Monday & Wednesday 1:30 to 3:00pm	September 12 th to November 28 th
Seniors Apartment 105 Market St., New Liskeard	705-647-6541	Monday & Wednesday 3:00 to 4:30pm	September 12 th to November 28 th
Golden Age Club 22 Argentite St., Cobalt	705-672-2254 1-800-361-5820	Monday & Wednesday 3:00 to 4:30pm	September 12 th to November 28 th
Englehart Arena Complex 80 7th Avenue, Englehart	705-544-5204	Monday & Wednesday 4:15 to 5:45pm	To be determined
Encore Club 30 2nd St. W., Kirkland Lake	705-672-2254 1-800-361-5820	Monday & Thursday 3:00 to 4:30pm	September 26 th to December 19 th

FREE Seniors Exercise Group

For older adults (65+) who would like to stay active and independent.

No registration required, drop-ins welcome!



Location	Days and Times	Phone
Royal Canadian Legion 175 Pine Street, Elk Lake	Tuesday & Thursday 10 to 11am	705-563-8110
Englehart Arena Complex 80 7th Avenue, Englehart	Monday & Wednesday 4:30 to 5:30pm	705-471-5264
Joe Mavrincac Community Complex 55 Allen Avenue, Kirkland Lake	Tuesday & Thursday 10 to 11am	705-567-5215
Tweedsmuir Residence 25 Tweedsmuir, Kirkland Lake	mardi et jeudi 10 à 11hres	705-567-1414
Centre de santé communautaire du Temiskaming 22 Water Lane, Kirkland Lake	mardi et mercredi 10 à 11hres	705-567-1414
Town Hall 69 Fourth Avenue, Kirkland Lake	lundi et mercredi 11 à 12hres	705-567-1414
Ronocco House 5 Bayview Lane, Temagami	Monday 1:30 to 2:30pm	705-569-2636
Royal Canadian Legion 11 Parkview Lane, Temagami	Wednesday 10 to 11am	705-569-2636
Riverside Place 55 Whitewood Avenue, New Liskeard	Monday 10 to 11am	705-647-3119
Haileybury Arena 500 Ferguson Avenue, Haileybury	Thursday 10 to 11am	705-647-3119
Centre récréatif de McGarry 70 ch. du gouvernement, Virginiatown	lundi et jeudi 14 à 15hres	705-567-1414
Centre récréatif de McGarry 70 ch. du gouvernement, Virginiatown	lundi et jeudi 15 à 16hres	705-567-1414

A new round of classes will also be starting in January. Be sure to register so you don't miss out!



Timiskaming Health Unit

(705) 647-4305

Toll free: 1-866-747-4305

www.timiskaminghu.com

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