

STAY ON YOUR FEET

Virtual Physical Activity Groups for Older Adults



Victorian Order of Nurses (VON)

Seniors Maintaining Active Roles Together (SMART) Exercise

Low to moderate intensity recordings on Cogeco or live on Zoom

Contact: Breanna Pearce

Phone: 705-472-8050 ext. 38239 **Email:** breanna.pearce@von.ca

Alzheimer Society Sudbury-Manitoulin North Bay & Districts

Minds in Motion

Seated exercise and cognitive stimulation live on Zoom. Go to website for monthly schedules: <https://alzheimer.ca/en/sudburymanitoulin>

Contact: Maryse Raymond

Phone: 705-495-4342 **Email:** mraymond@alzheimernorthbay.com

From Soup to Tomatoes

Gentle seated and standing exercises available on USB or YouTube by searching "From Soup to Tomatoes"

Contact: Taylor Matson

Phone: 705-474-1400 ext. 5215 **Email:** taylor.matson@healthunit.ca

YMCA

YThrive Gold and Gentle Fit

Videos can be found on YouTube by searching "YMCA Gentle Fit"

Regional Geriatric Program Exercise Videos

Seated and standing exercise videos can be found on YouTube by searching "Regional Geriatric Program"



North Bay Parry Sound District

Health Unit



Bureau de santé
du district de North Bay-Parry Sound

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In Person Community Exercise Classes for Older Adults



Contact service providers below or check myhealthunit.ca/soyf for a list of available
Community Exercise Classes

East Parry Sound Community Support Services (Eastholme)

Contact: Leslie Price

Phone: 705-724-6028 Email: lprice@eastholme.ca

The Town of Mattawa

Contact: Jessica Knowlton

Phone: 705-358-5746 Email: jessica.knowlton@mattawa.ca

Nipissing Community Support Services (VON)

Contact: Breanna Pearce

Phone: 705-472-8050 ext. 38239 Email: breanna.pearce@von.ca

West Nipissing Community Health Centre

Contact: Desiree Jackson

Phone: 705-753-0151 Email: aitkend@cscno-wnchc.org

West Parry Sound Community Support Services (Belvedere Heights)

Contact: Linda Taylor

Phone: 705-746-5602 Email: ltaylor@belvedereheights.com

For more information, contact the
Health Unit at HL@healthunit.ca
or 1-800-563-2808 ext. 5210



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