



SMART (Seniors Maintaining Active Roles Together) ® Exercise & Education Program Virtual Programming

SMART Virtual Registration

The SMART Program is required to track attendance for our funder through self-reporting. We would appreciate if you would call the SMART office in your area to register for SMART Virtual Programming and find out how you can help us track attendance. Registering for SMART Virtual Programming will also enable you to get updates about virtual programming and in-person classes. Thank you for your cooperation in this matter.

Area	Contact Information
Barrie and Area	705-737-5044 ext.221 SMARTBarrie@von.ca
Georgian Bay and Area	705-355-2200 SMARTGeorgianBay@von.ca
Muskoka and Area	705-787-1996 SMARTMuskoka@von.ca
Orillia and Area	705-326-7021 SMARTOrillia@von.ca

SMART is on YouTube

SMART Exercise Classes have been recorded and uploaded on to the [VON Simcoe County SMART Program YouTube Channel](#). There are a variety of options on the channel. There are a variety of lengths (30 min., 45min. and 1 hour). There are various levels (seated and standing). There are also videos that incorporate equipment (bands). New videos get uploaded on a regular basis, so check back for more options.

SMART is on Rogers TV – Staying Active with VON SMART

SMART Exercise Classes are airing on Rogers TV throughout **Simcoe County**. The classes are on demand on [Rogers TV online](#) and also on TV at the days, times and channels listed below. Schedules may change. Contact the SMART Program in your area to receive a current schedule.

Area	Channel	Days	Time
Barrie	10	Mon/Wed/Fri	10:00-11:00
Borden/Alliston	65	Mon/Wed/Fri	10:00-11:00
Collingwood	53	Mon/Fri	10:00-11:00
Midland	53	Mon/Wed/Fri	10:00-11:00
Orillia	10	Mon/Wed/Fri	10:00-11:00



SMART is on Cogeco TV – VON Fit

SMART Exercise Classes are airing on Cogeco throughout **Muskoka**. See below for the complete list of days, times and channels. Schedules may change. Contact the Muskoka SMART Program for updates.

Area	Channel	Days	Time
Muskoka	700	Mon. – Fri.	10:30-11:30

SMART is on Zoom

SMART Exercise Classes are on Zoom. Please contact the SMART Program in your area to register and view a complete Zoom schedule.

SMART – *Healthy Aging Education Series* is on Zoom

The 12 standardized Healthy Aging Education sessions are now being offered through Zoom. Please contact the Program Coordinator to register and view a complete Zoom schedule.

Area	Contact Information
North Simcoe & Muskoka	705-737-5044 ext.228 SimcoeHealthyAgingZoom@von.ca