Programs for Clinical Frailty Score 1-3

Minds in Motion - Alzheimer Society
8-week Community based social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. **705-722-1066**

VON SMART
A free chair-based exercise program for seniors or those individuals with mobility issues and deconditioned looking to build strength, balance and flexibility in a safe and slower-paced group. Offered in the community 5 days a week and in-home with a volunteer 1x/week for 12 weeks. **705-355-2200 or 705-737-5044 ext.232**

Leisure Time Club Collingwood
Focused on senior fitness and fun 50yrs and older $50/year plus a small fee per activity $15.00. **705-445-9685**

On The Move - YMCA
A full-body workout that focuses on timing and coordination of movement, including cardiovascular and muscle conditioning. This program is suitable for older adults, incorporating a variety of resistance techniques to improve strength, flexibility and posture. Includes an educational component to provide proper exercising forms. This program also offers a chair fitness option. **705-445-5705**

Healthy Aging Education Series
12 information sessions that focus on health topics relevant to seniors and caregivers. Delivered by Victorian Order of Nurses (VON), and Osteoporosis Canada. **705-737-5044 x 8104**

Programs for Clinical Frailty Score 1-3

Wasaga Beach Seniors Active Living Centre

The Town of Wasaga Beach has a wide range of registered, instructional or drop-in programs for individuals 55+ at their Seniors Active Living Centre.

- Chair yoga
- Group social walking
- Music
- Community socials
- Community resource hub
- Volunteer opportunities
- Weekly exercise classes
- Learn to instructional programs: hobby, sport, leisure activities

705-429-3321 x2510

SGB Community Health Centre

Offers a variety of free programs:

- Wellness + social programs
- Mental Health programs
- Nutrition programs

705-422-1888

Living a Healthy Life with a Chronic Condition

Are you looking for a one-stop-shop? This program has a little bit of everything, so you can learn to better manage your chronic health conditions over a 6-week period. Learn from and support your peers as you all navigate learning to live with a chronic condition or to live with someone who has a chronic condition. Offered in Collingwood and Wasaga Beach.

705-422-1888
southgeorgianbaychc.ca/programs/

Exercise Maintenance Program

Gentle fitness group that meets online for 60 minutes of low impact exercise each week. Incorporate resistance training, learn balance exercises, and stretching. **705-422-1888**
www.southgeorgianbaychc.ca/programs

Programs for Clinical Frailty Score 1-3

Pulmonary Rehab (GBFHT)
A 8-week program for individuals with chronic lung disease such as COPD. Includes supervised exercise classes and education session from our team of regulated health professionals. If you wish to learn more about your respiratory health, managing COPD and living the life you deserve speak with your physician. Offered in Collingwood. **705-444-5885**

Cardiovascular Rehab (GBFHT)
A 6-month program for individuals with cardiovascular disease. Includes a supervised exercise program and education from a register health professional. Offered in Collingwood and Wasaga Beach. **705-444-5885**

Programs for Clinical Frailty Score 4 -6

Minds in Motion - Alzheimer Society

8-week Community based social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. **705-722-1066**

Pulmonary Rehab (GBFHT)

A 8-week program for individuals with chronic lung disease such as COPD. Includes supervised exercise classes and education session from our team of regulated health professionals. If you wish to learn more about your respiratory health, managing COPD and living the life you deserve speak with your physician. Offered in Collingwood. **705-444-5885**

VON SMART

A free chair-based exercise program for seniors or those individuals with mobility issues and deconditioned looking to build strength, balance and flexibility in a safe and slower-paced group. Offered in the community 5 days a week and in-home with a volunteer 1x/week for 12 weeks. **705-355-2200 or 705-737-5044 ext.232**

Cardiovascular Rehab (GBFHT)

A 6-month program for individuals with cardiovascular disease. Includes a supervised exercise program and education from a register health professional. Offered in Collingwood and Wasaga Beach. **705-444-5885**

CARE Program (GBFHT)

The Seniors CARE (Collaboration, Activity, Rehabilitation, Education) Exercise Program is a community rehabilitation program for older adults who are living with frailty that focuses on improving or maintaining mobility, strength, coordination, and balance. **705-444-5885**

www.southgeorgianbayoht.ca