

Seniors' Physical Activity and Falls Prevention Program

Listing – Shortened Version

Contact Adult Recreation Therapy Centre for more information:

519-753-1882

Ability Level	Organization/Program	Cost To Attend	Contact Number
Falls Prevention			
Low	YMCA – Balance and Falls Prevention Program	No Cost	519-752-6568 ext. 103
Mid – High	St. Elizabeth – STAND UP!	No Cost	1-877-972-0800 ext. 2245
Exercise/Fitness Class			
Low	Dementia Alliance – Exercise Classes	No Cost	905-768-4488
Mid – High	ARTC – S.A.F.E. Zone	No Cost	519-761-1291
Mid - High	Beckett Adult Leisure Centre – Drop In Programs	Yearly Membership	519-756-3261
Mid – High	Boys and Girls Club of Brantford – Seniors Fitness and Wellness Program	Fee Charged	519-758-7977
Mid - High	County of Brant – Drop in Programs	Fee Charged	519-442-1818 519-442-1944
Home-Based Support for Simple Exercise			
Low - Mid	March of Dimes – Home Support Exercise Program	No Cost	1-800-263-4742 ext. 246

LEGEND – Ability Levels (Clients have one or more of the characteristics of the levels listed)	
Low Level	<ul style="list-style-type: none"> • Does not have the physical ability to leave home and attend group exercise classes • Does not have the socio-psycho ability to leave home and attend group classes • Client must be able to breathe without assistance
Mid Level	<ul style="list-style-type: none"> • Client must be ambulatory enough to attend a group class with or without an assistive device • Client must have the socio-psycho ability to leave home and attend group classes
High Level	<ul style="list-style-type: none"> • Clients must be able to ambulate, either unaided or with a cane or walker. • Clients must have the ability to leave home and attend a group program 2 times/week.