

## INNISFAIL

### Innisfail Seniors Drop-In Centre

Cost – Free

- Floor Curling
- Carpet Bowling

### Innisfail Library Learning Centre

- Movers and Groovers
- Yoga

### Innisfail High School

- Pickleball

### Innisfail United Church

- Tai Chi

## WOLF CREEK PCN

### Primary Care Network Exercise Specialist

- Exercise programs offered in Innisfail, and Penhold
- Please phone for more details

*The most common source of injury to seniors is through falls. Muscle weakness is a large contributing factor to these incidents, so it is recommended to exercise for 30 minutes or more, at least 5 times a week. There are many lower intensity activities that seniors can do to improve muscle strength and balance while not over-exerting the body, including yoga, tai chi and walking groups.*



FIND US ON FACEBOOK  
Central Alberta Falls Prevention Coalition

## CONTACT INFORMATION

### RED DEER

Absolute Fitness	403-347-9669
Down Town House	403-346-4043
GLAD – RDRHC Rehab	403-343-4508
Taoist Tai Chi	403-346-6772
Michener Hill Curling Club	403-346-0440
Primary Care Network PC	403-343-9100
AHS Programs	1-877-314-6997
The Golden Circle	403-343-6074
YARD (Yoga)	403-550-9240
Collicutt Centre	403-358-7529
Pidherney Curling Club	403-346-3777
Dawe Center	403-406-8600
Rec. Center	403-309-8411
Riverbend Golf & Rec.	403-343-8311

### INNISFAIL

Innisfail Seniors Centre	403-227-6601
FCSS (ext. 225)	403-227-3376
Town of Innisfail	403-227-3376
Recreation (ext. 217)	403-227-3376
Wolf Creek PCN	403-227-3356
Exercise Specialist(#2125)	403-227-3356
Taoist Tai Chi	403-240-4566

### SYLVAN LAKE

Sylvan Lake Senior Centre	403-887-5428
Sylvan Lake Lodge	403-887-2555
Family and Community Centre	403-887-1137

### BENTLEY

Bentley Community Hall	403-396-8773
	403-748-3835

### SPRUCE VIEW

FCSS	403-505-9091
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### BOWDEN

FCSS	403-224-2207
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### PENHOLD

FCSS	403-886-3288
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**Improve  
Balance, Strength,  
Coordination  
and  
Stay Active**

Central Alberta



**Falls  
Prevention  
Coalition**

**Keeping active is not only  
incredibly important in staying  
healthy but also in falls  
prevention.**

For more information,  
Visit the Finding Balance website  
<http://findingbalancealberta.ca/>

## RED DEER

### Golden Circle

Cost - varies from \$2

- Move and Groove
- Zumba, Yoga, Tai Chi, Dancercise
- Sit and Be Fit
- Flex, Strength and Balance
- Bocce
- Carpet bowling
- Line Dancing
- Square Dancing
- Thursday Night Social Dancing
- Community based Fitness Class@ Sacred Heart



### DownTown House

Cost – Drop-in fee \$6

- Carpet Bowling
- Square Dancing

### Red Deer Curling

Cost – Membership

- Pidherney Centre & Michener Centre

### Red Deer PCN

Cost – No Charge

- Strong and Steady
- Health Basics
- Outdoor gyms- group training available by request
- Disc Golf (Parks in Anders & Kentwood, portable targets also available)
- Prescription to Get Active

### AHS Central Zone 1-877-314-6997

Cost – no charge

- Call to find locations of Supervised Exercise Programs in your area

### RDC Seniors

Cost - \$100

- Maintenance Program at Bethany

### Be Fit for Life Centre @ RDC

- Consultation/assessment service

### Walking programs / Facilities

Cost – Varies

- Parkland and Bower malls
- Collicut Centre
- Indoor Track – 7 days a week
- Early Bird Walk & Soak – (Mon.-Fri.) all seniors are invited to use the lane swim until 9 am, use the track, steam room and hot tubs from 7am to 10 am for only \$2
- The Hardy Walkers
- Volkssport
- Gaetz United Church
- Red Deer Ramblers
- FCSS Walking Group



### Absolute Fitness

Cost – No Charge

- 60 minute, low intensity class (joint, mobility, warm-up& stretching)

### YARD Cost – call for information

- Yoga classes, strengthens core and balance

### City Programs / Facilities

Cost – Fee subsidy available

- Gentle Functional Fitness
- Zumba, Yoga
- Chair yoga
- BSS-Balance Strengthen & Stretch
- Gentle Water Workout
- Swimming programs
- Silver Blades skating, Walking track, indoor ball, pickle ball, golf, hiking clubs



## SYLVAN LAKE

### Sylvan Lake Seniors Centre

Cost – Drop-in fee \$6

- Exercise Level 1 and 2
- Sit and Fit
- Men's Yoga

### Sylvan Lake Lodge

Cost – Drop-in fee \$6

- Strong and Fit

### Family and Community Centre

Cost – No Charge

- FCSS Walking Group

## BENTLEY

### Bentley

Cost – no charge

- Carpet Bowling

## PENHOLD

### Seniors Drop In Centre Multiplex Fitness Centre

- Phone Wolf Creek PCN