

WOLF CREEK PCN

Primary Care Network Exercise Specialist

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

Alberta Health Services

Supervised Exercise Program AHS Central Zone 1-877-314-6997 Cost – no charge

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

Online Activity Programs

Finding Balance Alberta.ca Cost – no charge

- Online fitness videos and other fall prevention resources

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.

CONTACT INFORMATION

RED DEER

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
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

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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Seniors Drop-In Centre	403-886-2999
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BLACKFALDS

Abbey Centre	403-885-4039
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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/>



FIND US ON FACEBOOK
Central Alberta Falls Prevention Coalition

RED DEER

Golden Circle

Cost - Varies from \$2

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

Red Deer PCN

Cost – No Charge

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

Walking programs / Facilities

Cost – Varies

- Parkland and Bower malls
- The Hardy Walkers
- Volkssport
- Gaetz United Church
- Red Deer Ramblers
- FCSS Walking Group
- RDPCN Walking Group



City Programs / Facilities

Cost – Fee subsidy available

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



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

DownTown House

Cost – Drop-in fee \$6

- Carpet Bowling
- Square Dancing

Red Deer Curling

Cost – Membership

- Pidherney Centre
- Michener Centre

RDP Seniors

Cost - \$100

- Maintenance Program at Bethany

Be Fit for Life Centre @ RDC

- Consultation/assessment service

Blackfalds

Abbey Centre – Vibrant Living 50+

Cost – Varies

- Walking Club
- Yoga, Chair Yoga
- Pickleball
- Fit & Functional
- Skating

SYLVAN LAKE

Sylvan Lake Seniors Centre

Cost – call for information

- Exercise
- Restorative Stretching
- Men's Yoga

Sylvan Lake Lodge

Cost – Drop-in fee \$6

- Strong and Fit



Family and Community Centre

Cost – No Charge

- FCSS Walking Group

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