FALLS PREVENTION & EXERCISE CLASSES

Health Service Provider	Location	Address	Falls Prevention	Exercise	Sub Region	City	Contact Name	Phone
Able Living	Queenston Heights	971 Queenston Road	√		Hamilton	Hamilton	Markie Ryckman	905 383-0448 ext. 15614
Able Living	Wellingstone	261 Stone Church Road E.	√		Hamilton	Hamilton Mountain	Markie Ryckman	905 383-0448 ext. 15614
Able Living	Paramount Place	2 Mistywood Drive	√		Hamilton	Hamilton	Markie Ryckman	905 383-0448 ext. 15614
Able Living	Stoneybrook Manor	110 Stoney Brook Drive	√		Hamilton	Hamilton	Markie Ryckman	905 383-0448 ext. 15614
Alzheimer's Society	Amica Stoney Creek	135 King St E		√	Hamilton	Stoneycreek	Sherri Miller	905-768-4488
Alzheimer's Society	Bertram Place	21 Hatt Street		√	Hamilton	Dundas	Sherri Miller	905-768-4488
Alzheimer's Society	Blackadar RTH	99 Creighton Rd		√	Hamilton	Dundas	Sherri Miller	905-768-4488
Alzheimer's Society	Deerview Crossing Retirement Residence (Living Well)	460 Rymal Rd		√	Hamilton	Hamilton Mountain	Sherri Miller	905-768-4488
Alzheimer's Society	Dundas Library	18 Ogilvie St		√	Hamilton	Dundas	Sherri Miller	905-768-4488
Alzheimer's Society	Georgian Retirement Residence (Chartwell)	255 Governors Rd		√	Hamilton	Dundas	Sherri Miller	905-768-4488
Alzheimer's Society	Kenilworth Library	103 Kenilworth Ave N		√	Hamilton	Downtown Hamilton	Sherri Miller	905-768-4488
Alzheimer's Society	Redhill Library	695 Queenston Rd		√	Hamilton	695 Queenston Rd	Sherri Miller	905-768-4488
Alzheimer's Society	Sherwood Library	467 Upper Ottawa St		√	Hamilton	Hamilton Mountain	Sherri Miller	905-768-4488
Alzheimer's Society	St Marks United Church	1 Lynndale Dr,		√	Hamilton	Dundas	Sherri Miller	905-768-4488
Alzheimer's Society	St Matthews House	460 Wentworth St North		√	Hamilton	Hamilton	Sherri Miller	905-768-4488
Alzheimer's Society	Terry Berry Library	100 Mohawk Rd W		√	Hamilton	Hamilton Mountain	Sherri Miller	905-768-4488
Alzheimer's Society	The Roxborough Senior Centre	785 Britianna Ave		√	Hamilton	Hamilton	Sherri Miller	905-768-4488
Alzheimer's Society	Saltfleet	131 Gray Rd		√	Hamilton	Stoney Creek	Sherri Miller	905-768-4488
Alzheimer's Society	Waterdown Manor	335 Dundas St East		√	Hamilton	Waterdown	Sherri Miller	905-768-4488
Alzheimer's Society	Concession Library	565 Concession St.		√	Hamilton	Hamilton	Sherri Miller	905-768-4488
Centre De Sante	Centre de santé communautaire Hamilton/Niagara (Francophone)	1320 Barton Street East	√		Hamilton	Downtown Hamilton	Natalie McCarthy	905-734-1141 ext. 2227
CityHousing Hamilton	104 Osler Dr	104 Osler Dr		√	Hamilton	Dundas	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	109 Fiddlers Green Rd	109 Fiddlers Green Rd		√	Hamilton	Ancaster	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	120 Strathcona North	120 Strathcona North		√	Hamilton	Downtown Hamilton	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	155 Park St S	155 Park St S		√	Hamilton	Downtown Hamilton	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	181 Jackson St W	181 Jackson St W		√	Hamilton	Downtown Hamilton	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	200 Jackson West	200 Jackson West		√	Hamilton	Downtown Hamilton	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	226 Rebecca	226 Rebecca		√	Hamilton	Downtown Hamilton	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	25 Lynden Ave	25 Lynden Ave		√	Hamilton	Dundas	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	30 Sanford Avenue S	30 Sanford Avenue S		√	Hamilton	Downtown Hamilton	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	395 Mohawk Road	395 Mohawk Road		√	Hamilton	Hamilton Mountain	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	5 Maple Ave	5 Maple Ave			Hamilton	Stoneycreek	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	555 Queenston Road	555 Queenston Road		√	Hamilton	Stoneycreek	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	690 Stone Church Rd W	690 Stone Church Rd W		√	Hamilton	Hamilton Mountain	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	801 Upper Gage Street	801 Upper Gage Street		√	Hamilton	Hamilton Mountain	Kelly Coxson	905 523 8496 X 5175
CityHousing Hamilton	First Place Hamilton Seniors Residence	350 King St E		√	Hamilton	Downtown Hamilton	Kelly Coxson	905 523 8496 X 5175
North Hamilton CHC	North Hamilton CHC	438 Hughson Street North	√		Hamilton	Downtown Hamilton	Gail Simpson	905-523-6611 x3012.
North Hamilton CHC	North Hamilton CHC	438 Hughson Street North		√	Hamilton	Hamilton	Gail Simpson	905-523-6611 x3012.
Shalom Village	Shalom Village	70 Macklin Street	√		Hamilton	Hamilton	Mike	905-529-1613 x 220
SJHH	St. Joseph's Hospital - King Campus	2757 King St E		√	Hamilton	Stoney Creek	Heather Radman	905-522-1155 x 38755
SJHH	St.Joseph's Hospital - West 5th Campus	100 West 5th St	√	√	Hamilton	Hamilton Mountain	Heather Radman	905-522-1155 x 38755
St.Joseph's Vila	St.Joseph's Estates	56 Governors		√	Hamilton	Dundas		
Victorian Order of Nurses	Aberdeen Gardens	330 Dundurn St.	√	√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Abington Court	1500 Main St. East	√	√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Amica Dundas	50 Hatt Street	√	√	Hamilton	Dundas	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Amica Stoney Creek	135 King St E	√		Hamilton	Stoneycreek	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Caroline Place	118 Market St.	√	√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Carrington Place	75 Dunham Dr.		√	Hamilton	Ancaster	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Chartwell Deerview Retirement Residence	460 Rymal Rd W	√	√	Hamilton	Hamilton Mountain	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Dundas Retirement Residence	33 Main St.	√		Hamilton	Dundas	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Durand Residence	10 Herkimer St.		√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	El Mirador Apartments	950 Fennell Ave.		√	Hamilton	Hamilton Mountain	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Glanbrook NFP	2800 Library Lane		√	Hamilton	Binbrook	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	HARRRP at St. Peter's Church	705 Main St. East	√		Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Heritage Green Retirement Home	353 Isaac Brock Dr.		√	Hamilton	Stoneycreek	Elisia Mancini	905-529-0700 x 2282

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Victorian Order of Nurses	Montgomery Lodge	1605 Main St. East		√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Orchard Terrace	199 Glover Rd.		√	Hamilton	Stoneycreek	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Schlegel Village Wentworth Heights	1620 Upper Wentworth St	√	√	Hamilton	Hamilton Mountain	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Seasons Stoneycreek	8 Shoreview Place	√	√	Hamilton	Stoneycreek	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Sister's of St.Joseph's	574 Northcliffe Ave.		√	Hamilton	Dundas	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	St. Matthew's House at Eva Rothwell Centre	460 Wentworth St North	√		Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Boys and Girls Club Hamilton at St. Helen's Centre	785 Britannia Ave.	√		Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	The Carlisle (formerly Atrium Villa)	467 Main St. East	√	√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	The Court of Rushdale	1360 Upper Sherman Ave.		√	Hamilton	Hamilton Mountain	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	The Rosslyn	1322 King St. East	√	√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	The Wellington	1430 Upper Wellington St.		√	Hamilton	Hamilton Mountain	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Waterdown Manor	335 Dundas St. East		√	Hamilton	Waterdown	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	YWCA Hamilton - SAPP Fit	150 Violet Dr.		√	Hamilton	Stoneycreek	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	The Wellington	1430 Upper Wellington St.		√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Residence on Augusta	155 James St. South		√	Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Villa Italia	530 Upper Paradise Rd.		√	Hamilton	Hamilton Mountain	Elisia Mancini	905-529-0700 x 2282
Victorian Order of Nurses	Wesley Urban Ministries at Beasley Community Centre	145 Wilson St.	√		Hamilton	Hamilton	Elisia Mancini	905-529-0700 x 2282
YMCA	Flamborough Family YMCA	207 Parkside Dr		√	Hamilton	Waterdown	LiveWell Specialist	905-690-3555
YMCA	Hamilton Downtown Family YMCA	79 James St S		√	Hamilton	Hamilton	LiveWell Specialist	905-529-7102
YMCA	Les Chater (Hamilton Mountain) Family YMCA	356 Rymal Rd E		√	Hamilton	Hamilton	LiveWell Specialist	905-667-1515