

ARTHRITIS/CONDITION SPECIFIC EXERCISE AND EDUCATION

Programs in Cambridge and Kitchener

Chaplin Family YMCA; A. R. Kaufman Family YMCA; Stork Family YMCA

Chaplin Family YMCA - 250 Hespeler Road, Cambridge, ON

A. R. Kaufman Family YMCA - 333 Carwood Avenue, Kitchener, ON

Stork Family YMCA - 500 Fischer-Hallman Road N, Waterloo, ON

Move for Health

<https://www.ymcacambridgekw.ca/en/health-fitness-aquatics/ark/Move-For-Health.asp>

Customized progressive exercise and educational tips

12 weeks 2 times per week, continuous enrollment, FREE until Feb 2020

Smart Start Application and Physician Clearance Letter required

Contact: 519-623-9622 x 2214 (Cambridge Location), 519-743-5201 x 238 (Kitchener Location); 519-725-8783 x 270 (Waterloo Location)

Langs Community Health Centre

Take Charge (Chronic Conditions)

Education to better manage your symptoms. No fee.

1145 Concession Road, Cambridge, ON

(519) 653-1470

Community Support Connections

Senior's Osteoarthritis Exercise Class

On-going gentle exercise classes, no fee – various locations within KW

Stand Up to Falls for Osteoarthritis

6 week exercise class + education, no fee – various locations within KW; REQUIRES REFERRAL from healthcare provider

Contact: 519-772-8787

Fairview Mennonite Wellness Centre

Programs and services to support older adults manage their chronic conditions

Fee for membership or pay as you go.

Warm pool exercise, lectures.

Get Fit For Active Living 8 Week Exercise Program

Fitness Room

515 Langs Dr., Cambridge, Ontario

(519) 653-5719

Tri-City Physiotherapy

G:LAD

Arthritis Exercise Program

Pool Exercise Program

Physiotherapy fee for program/session.

27 Water Street North, Cambridge, ON

1 (519)-620-2229

Arthritis Society

3 hours, group arthritis education program

One to one exercise sessions available, but limited.

(need for one to one treatment determined during group class involvement)

809 Victoria St. N., Kitchener, ON

(519) 746-4141

Community Centres/Senior's Centres

See the Community Activities Guide

- David Durward Centre
- Allan Reuter Centre
- G. E. Wake Lounge/W.G. Johnson Centre
- Christopher Champlain Community Centre
- Langs Community Health Centre
- Alison Neighbourhood Community Centre
- Hespeler Neighbourhood Association
- Fiddlesticks Neighbourhood Association
- Internet searches <https://www.cambridge.ca>
 - Parks Recreation and Culture
 - Recreation and Programs -> 50+

Community Pools/Pool Programs

Chaplin Family YMCA

250 Hespeler Road, Cambridge, ON

1 (519)-623-9622

Fairview Mennonite Wellness Centre

Programs and services to support older adults manage their chronic conditions

Fee for membership or pay as you go.

Warm pool 515 Langs Dr., Cambridge, Ontario

(519) 653-5719

John Dolson Pool

212 South Street, Cambridge, ON

1 (519)-740-4681 x 4527

Tri-City Physiotherapy

Pool Physiotherapy and Pool Exercise Programming

Physiotherapy fee for program/session.

27 Water Street North, Cambridge, ON

1 (519)-620-2229

WG Johnson Centre

31 Kribs Street, Cambridge, ON

1 (519)-623-1340 ext. 4469 x 4527

Other:

- Check with you Family Health Team (Physician office) – education programs, allied health staff