



TIME™ Program Listings for the GTA

current as of October 2020

What is TIME™ ?

TIME™ is a group exercise program originally designed by Toronto Rehab-UHN physiotherapists and led by fitness instructors at local community centres across Canada. The program was developed for adults who have challenges with balance and mobility.

Classes are one hour long, 1-2 times per week, usually 10-12 weeks.

Eligibility

Participants must be able to walk independently for 10 m (30 feet) with or without a cane or walker.

Many of the participants in the class have difficulties with balance or moving around in their home or community due to conditions such as stroke, ABI, or MS.

Registration Fees

Registration fees for the TIME program vary. Please inquire at the specific site in your area.

The TIME™ program is for you if you want to:

- Get Fit and Increase your Energy
- Be More Confident in your Balance
- Feel Stronger and More Active
- Enjoy the Many Benefits of Exercise
- Move with More Ease in your Home and Community

Join TIME™ in a local community centre for a program that provides safe and beneficial exercise to meet these goals.

Please NOTE: Only sites highlighted in yellow have re-opened after the pandemic

Community Partner	Location	Contact Information
Aurora Family Leisure Complex	Aurora	Wayne de Ryck 905-727-3123, ext 3115 wderyck@aurora.ca
Bradford West Gwillimbury Leisure Centre	Bradford	Stephanie Uren 905-775-7529 x8601 suren@townofbwg.com
Hillview Active Living Centre	Halton Hills	Margaret Taylor 905-873-2600 ext. 2360 MargaretT@haltonhills.ca
Centennial Community Centre	Markham <i>called MEND program</i>	Barb Lant (905) 477-7000 ext. 4344 blant@markham.ca
Magna Centre	Newmarket	Anne Sugar asugar@newmarket.ca
River Oaks Community Centre	Oakville	Bob Pawliw 905-338-4186 bob.pawliw@oakville.ca
Ballantrae Golf and Country Club Recreation Centre	Stouffville	Dayna Stoddart 905-640-1055 daynas@rogers.com <i>(Registration restricted to residents in the Ballantrae Golf & Country Club)</i>
Whitchurch-Stouffville Leisure Centre	Stouffville	Craig Baillie 905-642-7529, ext 5319 Craig.baillie@townofws.ca
Parkview Village	Stouffville	Craig Baillie 905-642-7529, ext 5319 Craig.baillie@townofws.ca
Garnet A. Williams Community Centre	Thornhill	Cindy Daniels-Bullard 905-832-8552 ext. 7616 Cindy.daniels@vaughan.ca

Funding Assistance

Subsidies may be available from the community centre and from *Jo's TIME™ Fund*.

Inquire at your site about discounted rates for seniors OR sliding scale fees for low income households.

For sites offered through City of Toronto Parks Forestry & Recreation (indicated by *), *The Welcome Policy* is an annual credit available to help individuals with low incomes participate in City recreation programs.

For more information about TIME™ & for the most up to date list, visit our webpage

<https://www.uhn.ca/TorontoRehab/Clinics/TIME>

Community Partner	Location	Contact Information
Central Neighbourhood House	Toronto 349 Ontario St (Gerrard St & Parliament St)	Robert Butler 416-925-4363, ext. 119 rbutler@tngcs.org
Cota – at Providence Healthcare	Toronto 3276 St. Clair Ave East (at Warden Ave)	416-755-2239 abiads@cotainspires.ca <i>(Registration restricted to those in the Cota Acquired Brain Injury Adult Day Service)</i>
March of Dimes Canada, East York	Toronto 10 Overlea Blvd (Eglinton Ave E & Laird Dr)	Mhairi Watson 416-425-3463, ext 7264 mwatson@marchofdimes.ca
Miles Nadal Jewish Community Centre	Toronto 750 Spadina Ave (at Bloor St W)	Jooli Park 416-924-6211 ext 574 joolip@mnjcc.org
*North Toronto Memorial Community Centre <i>(no summer session)</i>	Toronto 200 Eglinton Ave West (at Avenue Rd)	Marco D'Onofrio 416-395-6172 marco.donofrio@toronto.ca
*Parkway Forest Community Centre	Toronto 55 Forest Manor Rd (Sheppard Ave E & Don Mills Rd)	Marco D'Onofrio 416-395-6172 marco.donofrio@toronto.ca
Physiologic Plus, located at Bridgepoint Active Healthcare	Toronto 1 Bridgepoint Drive, Unit G.008 (DVP & Gerrard St)	Jennifer Bowes 416-461-1448 office@physiologicplus.com
Variety Village	Toronto 3701 Danforth Ave (at Birchmount Rd)	Matt Robitaille 416-699-7167, ext 254 mrobitaille@varietyontario.ca <i>(Registration restricted to those who join Variety Village as members)</i>
*Wallace Emerson Community Centre <i>(no summer session)</i>	Toronto 1260 Dufferin St (at Dupont St)	Jodie Ferrante 416-392-1783 jodie.ferrante@toronto.ca
Waterfront Neighbourhood Centre	Toronto 627 Queen's Quay West (at Bathurst St)	Natasha Francis 416-392-1509 ext. 309 natasha@waterfrontnc.ca
West Neighbourhood House	Toronto 248 Ossington Ave (at Dundas St. W)	Jean Nogueira 416-532-7586 ext. 112 jeanno@westnh.org
*York Recreation Centre <i>(designated free center)</i>	Toronto 115 Black Creek Drive (at Eglinton Ave W)	Cedric Agard 416-392-3712 cedric.agard@toronto.ca
Chancellor Community Centre	Vaughan	Liana Kearney 905-832-8544 ext 7312 liana.kearney@vaughan.ca
Vellore Village Community Centre	Vaughan	Liana Kearney 905-832-8544 ext 7312 liana.kearney@vaughan.ca
Abilities Centre	Whitby	Lyndsay Aitken laitken@abilitiescentre.org (905) 665-8500 ext. 114