



## Canada-wide Program Listings

### Together in Movement and Exercise (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.

This 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.

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



TIME™ at the Waterfront Neighbourhood Centre in Toronto



TIME™ at the Abilities Centre in Whitby, Ontario

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 and mobility due to conditions such as stroke or MS.

Registration fees for the TIME program vary. Please inquire at the specific site in your area. Subsidies may be available from the community centre and from Jo's TIME™ Fund.

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

The following is a list of the centres that offer the TIME™ program, in alphabetical order by city, grouped by province. Locations in Ontario are listed first, followed by locations in Alberta, British Columbia, Newfoundland, and Nova Scotia. **Sites that are highlighted in yellow have re-opened after the pandemic. Please contact the site directly for new class schedules.**

**Please note that class times are subject to change and registration in classes is limited. Please contact the program near you to confirm eligibility, time, and registration procedures.**

ONTARIO				
City	Site Name	Address	Day & Time	Contact Information
Aurora	Aurora Family Leisure Complex	135 Industrial Pkwy North Aurora, ON L4G 4C4	Mon 1:30 (45 minutes)	Wayne de Ryck 905-727-3123, ext 3115 <a href="mailto:wdeyck@aurora.ca">wdeyck@aurora.ca</a>
Bradford	Bradford West Gwillimbury Leisure Centre	471 West Park Ave Bradford, ON L3Z 0J3	Wed 11:00	Stephanie Uren 905-775-7529 x8601 <a href="mailto:suren@townofbwg.com">suren@townofbwg.com</a>
Halton Hills	Hillsview Active Living Centre	318 Guelph St Georgetown L7G 4B5	Mon & Thurs 9:15 <i>Social time (optional)</i> 10:15-10:45	Margaret Taylor 905-873-2600 ext. 2360 <a href="mailto:MargaretT@haltonhills.ca">MargaretT@haltonhills.ca</a>
Haileybury Temiskaming Shores/	Timiskaming Home Support (The Post Stroke Transitional Care Program)	367 Sutherland Way, Haileybury, ON P0J 1K0	Mon & Thurs 3:00	Melanie McLean 705-672-2254 <a href="mailto:mmclean@homesupportservices.ca">mmclean@homesupportservices.ca</a>
Lindsay	Lindsay Recreation Complex	133 Adelaide St. South Lindsay, ON K9V 4M2	Wed & Fri 1:15	Candace McGuigan 705-324-9411, ext. 1555 <a href="mailto:cmcguigan@kawarthalakes.ca">cmcguigan@kawarthalakes.ca</a>
Markham	Centennial Community Centre <small>called MEND- Movement and Exercise for Neurological Disorders</small>	8600 McCowan Rd Markham, ON L3P 3M2	Tues & Fri 1:00	Barb Lant (905) 477-7000 ext. 4344 <a href="mailto:blant@markham.ca">blant@markham.ca</a>
Newmarket	Magna Centre	800 Mulock Dr. Newmarket, ON L3Y 9C1	Fri 2:00	Anne Sugar <a href="mailto:asugar@newmarket.ca">asugar@newmarket.ca</a> 905-953-5300 ext 2710
North Bay	PHARA (The Post Stroke Transitional Care Program)	280 Oakwood Ave North Bay , ON P1B 9G2	Tues & Thurs 11:30	Ashley Oliver 705-476-0733 <a href="mailto:aoliver@phara.org">aoliver@phara.org</a>
Oakville	River Oaks Community Centre	2400 Sixth Line Oakville, ON L6H 3N8	Mon & Wed 12:30	Bob Pawliw 905-338-4186 <a href="mailto:bob.pawliw@oakville.ca">bob.pawliw@oakville.ca</a>

City	Site Name	Address	Day & Time	Contact Information
Parry Sound	The Friends (The Post Stroke Transitional Care Program)	27 Forest Street Parry Sound, ON P2A 2R2	Please contact site	Ruthann Clark 705-746-5102 ext 246 <a href="mailto:rclark@thefriends.on.ca">rclark@thefriends.on.ca</a>
Peterborough	Peterborough Sport and Wellness Centre (Aerobic Studio Anne)	775 Brealey Drive Peterborough, ON K9J 6X4	Tues 1:00	Jennifer Bell 705-742-7777, ext 2207 <a href="mailto:jbelle@peterborough.ca">jbelle@peterborough.ca</a>
Sault Ste. Marie	March of Dimes (The Post Stroke Transitional Care Program)	550 Queen Street West, Suite 103, Sault Ste. Marie, ON P6A 1A6	Mon & Fri 10:00	Sheryl Pierman <a href="mailto:spierman@marchofdimes.ca">spierman@marchofdimes.ca</a> 705-945-1044 ext 251
Stouffville	Ballantrae Golf and Country Club Recreation Centre	1 Final Round Stouffville, ON L4A 1N3	Mon & Wed 11:00	Dayna Stoddart 905-640-1055; <a href="mailto:daynas@rogers.com">daynas@rogers.com</a> <i>(Registration restricted to residents of the Ballantrae Golf &amp; Country Club)</i>
Stouffville	Whitchurch-Stouffville Leisure Centre	2 Park Drive Stouffville, ON L4A 4K1	Mon 1:00	Craig Baillie 905-642-7529, ext 5319 <a href="mailto:Craig.baillie@townofws.ca">Craig.baillie@townofws.ca</a>
Stouffville	Parkview Village	12184 Ninth Line Stouffville, ON L4A 1L2	2 options: Thurs 11:00 Thurs 1:00	Craig Baillie 905-642-7529, ext 5319 <a href="mailto:Craig.baillie@townofws.ca">Craig.baillie@townofws.ca</a>
Sudbury	ICAN (Independence Centre and Network) *includes The Post Stroke Transitional Care Program	765 Brennan Road Sudbury, ON P3C 1C4	Tues & Thurs 10:00	Robyn O'Hara 705-673-0655 ext. 223 <a href="mailto:rohara@ican-cerd.com">rohara@ican-cerd.com</a>
Thornhill	Garnet A. Williams Community Centre	501 Clark Ave West Thornhill, ON L4J 4E5	Wed 11:45	Cindy Daniels-Bullard 905-832-8552 ext. 7616 <a href="mailto:Cindy.daniels@vaughan.ca">Cindy.daniels@vaughan.ca</a>
Timmins	March of Dimes (The Post Stroke Transitional Care Program)	38 Pine Street North, Suite 121 Timmins, ON, P4N 6K6	Please contact site	Amanda Chartrand 705-360-5150 <a href="mailto:achartrand@marchofdimes.ca">achartrand@marchofdimes.ca</a>
Toronto	Central Neighbourhood House	349 Ontario Street Toronto, ON M5A 2V8	Tues & Thurs 11:00	Robert Butler 416-925-4363, ext. 119 <a href="mailto:rbutler@tngcs.org">rbutler@tngcs.org</a>

City	Site Name	Address	Day & Time	Contact Information
Toronto	Cota – Acquired Brain Injury Adult Day Services at Providence Healthcare	3276 St. Clair Ave East, Rm K112, Scarborough, ON M1L 1W1	Please contact site	416-755-2239 <a href="mailto:abiads@cotainspires.ca">abiads@cotainspires.ca</a> <i>(Registration restricted to those in the Cota Acquired Brain Injury Adult Day Service)</i>
Toronto	March of Dimes Canada	10 Overlea Blvd East York, ON M4H 1A4	2 options: Tues 11:00 Wed 2:30	Mhairi Watson 416-425-3463, ext 7264 <a href="mailto:mwatson@marchofdimes.ca">mwatson@marchofdimes.ca</a>
Toronto	Miles Nadal Jewish Community Centre	750 Spadina Ave. Toronto, ON M5S 2J2	Mon & Wed 12:30	Jooli Park 416-924-6211 ext 574 <a href="mailto:joolip@mnjcc.org">joolip@mnjcc.org</a>
Toronto	North Toronto Memorial Community Centre	200 Eglinton Ave West Toronto, ON M4R 1A7	Tues & Thurs 11:30	Marco D’Onofrio 416-395-6172 <a href="mailto:marco.donofrio@toronto.ca">marco.donofrio@toronto.ca</a>
Toronto	Parkway Forest Community Centre	55 Forest Manor Rd Toronto, ON M2J 0C2	Tues & Thurs 12:00	Marco D’Onofrio 416-395-6172 <a href="mailto:marco.donofrio@toronto.ca">marco.donofrio@toronto.ca</a>
Toronto	Physiologic Plus, located at Bridgepoint Active Healthcare	1 Bridgepoint Drive Unit G 008 Toronto, ON M4M 2B5	Saturday 12:45	Jennifer Bowes 416-461-1448 <a href="mailto:office@physiologicplus.com">office@physiologicplus.com</a>
Toronto	Variety Village	3701 Danforth Ave. Scarborough, ON M1N 2G2	Mon 11:00	Matt Robitaille 416-699-7167, ext 254 <a href="mailto:mrobitaille@varietyontario.ca">mrobitaille@varietyontario.ca</a>
Toronto	Wallace Emerson Community Centre	1260 Dufferin St. Toronto, ON M6H 4C3	Wed & Fri 12:15	Jodie Ferrante 416-392-1783 <a href="mailto:Jodie.Ferrante@toronto.ca">Jodie.Ferrante@toronto.ca</a>
Toronto	Waterfront Neighbourhood Centre	627 Queen's Quay West Toronto, ON M5V 3G3	3 options: Tues & Thurs 1:45 Tues & Thurs 3:00 Tues & Thurs 4:15	Natasha Francis 416-392-1509 ext. 309 <a href="mailto:natasha@waterfrontnc.ca">natasha@waterfrontnc.ca</a>

City	Site Name	Address	Day & Time	Contact Information
Toronto	West Neighbourhood House	248 Ossington Ave Toronto, ON M6J 3A2	Please contact site	Jean Nogueira 416-532-7586 ext. 112 <a href="mailto:jeanno@westnh.org">jeanno@westnh.org</a>
Toronto	York Recreation Centre	115 Black Creek Drive Toronto, ON M6A 0A9	Mon & Wed 11:00	Cedric Agard 416-392-3712 <a href="mailto:Cedric.agard@toronto.ca">Cedric.agard@toronto.ca</a>
Vaughan	Vellore Village Community Centre	1 Villa Royale Ave. Vaughan, ON L4H 2Z7	Tues & Fri 10:00	Liana Kearney 905-832-8544 ext 7312 <a href="mailto:liana.kearney@vaughan.ca">liana.kearney@vaughan.ca</a>
Vaughan	Chancellor Community Centre	350 Ansley Grove Rd Woodbridge, ON L4L 5C9	Tues 1:00	Liana Kearney 905-832-8544 ext 7312 <a href="mailto:liana.kearney@vaughan.ca">liana.kearney@vaughan.ca</a>
Whitby	Abilities Centre	55 Gordon Street Whitby, ON L1N 0J2	4 options: Tues & Thurs 12:00 Tues & Thurs 1:30 Wed & Fri 12:00 Wed & Fri 1:30	Lyndsay Aitken <a href="mailto:laitken@abilitiescentre.org">laitken@abilitiescentre.org</a> (905) 665-8500 ext. 114
<b>ALBERTA</b>				
Calgary	March of Dimes	3639 26 <sup>th</sup> St NE Calgary, AB T1Y 5E1	Please contact for more information	Rachel Salsman <a href="mailto:rsalsman@marchofdimes.ca">rsalsman@marchofdimes.ca</a> 1-855-583-4637, ext 1
<b>BRITISH COLUMBIA</b>				
Abbotsford	Abbotsford Recreation Centre	2499 McMillan Road Abbotsford, BC V2S 7S5	Wed & Fri 1:00	Kristalee Walchuk 604-853-4221 <a href="mailto:kwalchuk@abbotsford.ca">kwalchuk@abbotsford.ca</a>
Chilliwack	Chilliwack Family YMCA	45844 Hocking Ave Chilliwack, BC V2P 1B4	Wed & Fri 1:00	Alex Moroz-Witek at YMCA of Greater Vancouver <a href="mailto:alex.morozwitek@gv.ymca.ca">alex.morozwitek@gv.ymca.ca</a> 604-673-6179
Coquitlam	Poirier Sports & Leisure Complex	630 Poirier Street Coquitlam, BC V3J 6A9	Tues & Thurs 11:45	Lillian Visentin 604-927-6901 <a href="mailto:lvisentin@coquitlam.ca">lvisentin@coquitlam.ca</a>

City	Site Name	Address	Day & Time	Contact Information
Langley Township	Walnut Grove Community Centre	8889 Walnut Grove Drive Langley, BC V1M 2N7	Tues & Thurs 1:30	604-882-0408
Oliver	Oliver Parks and Recreation Society	6359 Park Drive, Oliver, BC V0H1T0	Tues & Thurs 1:00	Katie Hadwin 250-498-4985 ext 202 <a href="mailto:katie@oliverrecreation.ca">katie@oliverrecreation.ca</a>
Revelstoke	Revelstoke Community and Aquatic Centre	600 Campbell Ave, Revelstoke, BC V0E 2S0	Mon & Wed 10:00	Meghan MacIsaac <a href="mailto:mmacisaac@revelstoke.ca">mmacisaac@revelstoke.ca</a> 250-837-9351
Surrey	Tong Louie Family YMCA	14988 57 Ave Surrey, BC V3S 7S6	Tues & Thurs 12:00	Alex Moroz-Witek at YMCA of Greater Vancouver <a href="mailto:alex.morozwitek@gv.ymca.ca">alex.morozwitek@gv.ymca.ca</a> 604-673-6179
Vancouver	Robert Lee YMCA	955 Burrard St. Vancouver, BC V6Z 1Y2	Tues & Thurs 1:30	Alex Moroz-Witek at YMCA of Greater Vancouver <a href="mailto:alex.morozwitek@gv.ymca.ca">alex.morozwitek@gv.ymca.ca</a> 604-673-6179
Vancouver	Langara Family YMCA	282 W 49th Ave. Vancouver, BC V5Y 2Z5	Wed & Fri 2:00	Alex Moroz-Witek at YMCA of Greater Vancouver <a href="mailto:alex.morozwitek@gv.ymca.ca">alex.morozwitek@gv.ymca.ca</a> 604-673-6179
Victoria	Gordon Head Recreation Centre	4100 Lambrick Way Victoria, BC V8N 5R3	Wed & Fri 12:00	Deanna Roch 250-475-7109 <a href="mailto:Deanna.roch@saanich.ca">Deanna.roch@saanich.ca</a>
Victoria	Juan de Fuca Recreation Centre	1767 Island Highway Victoria, BC V9B 1J1	Tues & Thurs 2:00	Kaitlyn Waring 250-478—8384 <a href="mailto:rehab@westshorerecreation.ca">rehab@westshorerecreation.ca</a>
Victoria	Silver Threads Victoria Centre	1911 Quadra St. Victoria, BC V8T 4C1	Wed	Kim Davidson 250-388-4268 <a href="mailto:kimdavidson@silverthreads.ca">kimdavidson@silverthreads.ca</a>

NEWFOUNDLAND				
City	Site Name	Address	Day & Time	Contact Information
St John's	Paul Reynold's Community Centre	35 Carrick Drive St. John's, NL A1A 4N2	Tues & Thurs 11:15 <i>Social time (optional)</i> 12:15-12:45	Trisha Rose 709-576-8631 <a href="mailto:inclusion@stjohns.ca">inclusion@stjohns.ca</a>
NOVA SCOTIA				
Halifax	March of Dimes	7071 Bayers Road, Suite 276, Halifax, NS B3L 2C2	2 options: Wed 9:30 Wed 11:00	Beth Lynch 902-444-1090 <a href="mailto:blynch@marchofdimes.ca">blynch@marchofdimes.ca</a>