



CANADA-WIDE TIME™ PROGRAM LISTING



Listed in alphabetical order by city/township, grouped by region.

Sites marked by an asterix* also offer **TIME™ Lite**- a less strenuous version of the classic TIME™ program.

NORTHERN ONTARIO			
City/Town	Site Name	Address	Contact Information
Dryden	Dryden Recreation Centre	84 Whyte Ave Dryden, ON P8N 1Z5	Joel Allen 807-223-1470 jallen@dryden.ca
Haileybury/ Timiskaming	Timiskaming Home Support (Post Stroke Transitional Care Program)	367 Sutherland Way, Haileybury, ON P0J 1K0	Csilla Szabo 705-672-2254, ext 2220 cszabo@homesupportservices.ca
North Bay	PHARA (Post Stroke Transitional Care Program)	280 Oakwood Ave North Bay , ON P1B 9G2	Danielle Nadeau 705-476-0733, ext 221 dnadeau@phara.org
Parry Sound	The Friends (Post Stroke Transitional Care Program)	27 Forest Street Parry Sound, ON P2A 2R2	Robin Stainton 705-746-5102 ext 269 rstainton@thefriends.on.ca
Sault Ste. Marie	March of Dimes (Post Stroke Transitional Care Program)	550 Queen St W, Suite 103, Sault Ste. Marie, ON P6A 1A6	Sheryl Porcheron 705-945-1044 ext 251 sporcheron@marchofdimes.ca
Sudbury	ICAN- Independence Centre and Network (Post Stroke Transitional Care Program)	765 Brennan Road Sudbury, ON P3C 1C4	Gaetanne Larocque 705-673-0655 ext. 217 glarocque@ican-cerd.com
Timmins	March of Dimes	38 Pine Street North, Suite 121	Amanda Chartrand 705-360-5150

	(Post Stroke Transitional Care Program)	Timmins, ON, P4N 6K6	achartrand@marchofdimes.ca
Bracebridge	Hive Muskoka	227 Wellington Street, Bracebridge, ON, P1L 1C1	Fyonna Vanderwerf T : 705-706-2809 fyonna@hivemuskoka.ca
SOUTHERN ONTARIO			
City/Town	Site Name	Address	Contact Information
Bobcaygeon	Forbert Memorial Pool and Workout Centre	16 River Park Road Bobcaygeon K0M 1A0	Candace McGuigan 705-324-9411, ext. 1555 cmcguigan@kawarthalakes.ca
Halton Hills	Hillsview Active Living Centre	318 Guelph St Georgetown L7G 4B5	Stephanie Barrington 905-873-2600 ext. 2360 sbarrington@haltonhills.ca
Lindsay	Lindsay Recreation Complex	133 Adelaide St. South Lindsay, ON K9V 4M2	Candace McGuigan 705-324-9411, ext. 1555 cmcguigan@kawarthalakes.ca
Newmarket	Magna Centre	800 Mulock Dr. Newmarket, ON L3Y 9C1	Anne Sugar asugar@newmarket.ca 905-953-5300 ext 2710
Oakville	River Oaks Community Centre	2400 Sixth Line Oakville, ON L6H 3N8	Bob Pawliw 905-338-4186 bob.pawliw@oakville.ca
Peterborough	Peterborough Sport and Wellness Centre	775 Brealey Drive Peterborough, ON K9J 6X4	Jennifer Bell 705-742-7777, ext 2207 jbelle@peterborough.ca

Stouffville	Ballantrae Golf and Country Club Recreation Centre (for residents of the Ballantrae G&CC)	1 Final Round Stouffville, ON L4A 1N3	Dayna Stoddart 905-640-1055 daynas@rogers.com
Stouffville	Whitchurch-Stouffville Leisure Centre	2 Park Drive Stouffville, ON L4A 4K1	Craig Baillie 905-642-7529 ext 5319 Craig.baillie@townofws.ca

Continued- SOUTHERN ONTARIO			
City/Town	Site Name	Address	Contact Information
Toronto	Central Neighbourhood House	349 Ontario Street Toronto, ON M5A 2V8	Robert Butler 416-925-4363, ext. 119 rbutler@tngcs.org
Toronto	Miles Nadal Jewish Community Centre	750 Spadina Ave. Toronto, ON M5S 2J2	Sarah Castanos, Wellness Coordinator 416-924-6211 SarahC@mnjcc.org
Toronto (Scarborough)	Variety Village	3701 Danforth Ave. Scarborough, ON M1N 2G2	Jamie Sherwin: T: 416-699-7167 ext. 235 jsherwin@varietyontario.ca
Toronto (North York)	Kimel Family Centre for Brain Health and Wellness (Baycrest Health Sciences)	3560 Bathurst Street, Toronto, ON, M6A 2E1	Alyssa Manalo, Fitness Coordinator T: 416-785-2500 ext. 3656 E: amanalo@research.baycrest.org
Vaughan (Thornhill)	North Thornhill Community Centre	300 Pleasant Ridge Ave Thornhill, ON L4J9B3	Cindy Daniels-Bullard, Fitness Coordinator 905-832-2377 ext.7427 cindy.daniels@vaughan.ca
Vaughan (Woodbridge)	Vellore Village Community Centre	1 Villa Royale Ave Woodbridge, ON L4H 2Z7	Cindy Daniels-Bullard, Fitness Coordinator 905-832-2377 ext.7427 cindy.daniels@vaughan.ca
*Whitby	*Abilities Centre	55 Gordon Street Whitby, ON L1N 0J2	Carrie Dain, Lead Post Rehabilitation cdain@abilitiecentre.org 905-665-8500 ext. 114

BRITISH COLUMBIA			
City/Town	Site Name	Address	Contact Information
Coquitlam	Poirier Sports & Leisure Complex	630 Poirier Street Coquitlam, BC V3J 6A9	Jamie Ayson-Banico 604-927-6005 jaysonbanico@coquitlam.ca
Langley	Walnut Grove Community Centre	8889 Walnut Grove Dr Langley, BC V1M 2N7	Wendy Cook 604-857-4291 wcook@tol.ca
*Revelstoke	*Revelstoke Community and Aquatic Centre	600 Campbell Ave, Revelstoke, BC V0E 2S0	Meghan MacIsaac mmacisaac@revelstoke.ca 250-837-9351
Victoria	Juan de Fuca Recreation Centre	1767 Island Highway Victoria, BC V9B 1J1	Kaitlyn Waring 250-478-8384 rehab@westshorerecreation.ca
Victoria	Silver Threads Victoria Centre	1911 Quadra St. Victoria, BC V8T 4C1	Kim Davidson 250-388-4268 kimdavidson@silverthreads.ca
Victoria	Gordon Head Recreation Centre	4100 Lambrick Way Victoria, BC V8N 5R3	Deanna Roch 250-475-7109 Deanna.roch@saanich.ca

ATLANTIC CANADA			
City/Town	Site Name	Address	Contact Information
Corner Brook Newfoundland	Corner Brook Civic Centre – Annex	1 Canada Games Dr, Corner Brook, NL A2H 6C9	Robin Wight 709-637-1577 rwight@cornerbrook.com
St John's Newfoundland	Paul Reynold's Community Centre	35 Carrick Drive St. John's, NL A1A 4N2	Sarah Blackwood 709-576-6972 inclusion@stjohns.ca
*White Rock Nova Scotia	*White Rock Community Association	1542 White Rock Rd. White Rock, NS B4P 2R1	Phyllis Crowe 902-542-3733 phyllis.crowe@gmail.com Robin Foster 902-542-0439 luke-4@hotmail.com

