

Elgin SMART Exercise Classes

City/Town	Location	Address	Mobility	Day and Time				
				MON	TUES	WED	THURS	FRI
St. Thomas	Fellowship Christian Reformed Church	641-Elm Street	MID/HIGH	9:30-10:30 (HIGH) 11:00-12:00 (MID)			9:30-10:30 (HIGH) 11:00-12:00 (MID)	
St. Thomas	Central United Church	135 Wellington St	MID		9:00-10:00 (MID)			9:00-10:00 (MID)
St. Thomas	Elgin Centre (Community Room)	417 Wellington St	MID			1:30-2:30 (MID)		
Port Stanley	Port Stanley Arena	332 Carlow Rd	HIGH	9:30-10:30 (HIGH)	9:30-10:30 (HIGH)	9:30-10:30 (HIGH)	9:30-10:30 (HIGH)	
Dutton	Dutton/Dunwich Community Centre	1 Scotland St	HIGH		11:00-12:00 (HIGH)		11:00-12:00 (HIGH)	
Rodney	Rodney Community Centre	135 Queens Line	HIGH			10:00-11:00 (HIGH)		10:00-11:00 (HIGH)
Aylmer	Our Lady of Sorrows Church	116 John St S	HIGH	10:00-11:00 (HIGH)				10:00-11:00 (HIGH)
Aylmer	East Elgin Community Complex	531 Talbot St W	HIGH		9:00-10:00 (HIGH)		9:00-10:00 (HIGH)	
Belmont	Belmont United Church	245 College St	HIGH	11:00-12:00 (HIGH)				11:00-12:00 (HIGH)

Specialty Classes							
			MON	TUES	WED	THURS	FRI
St. Thomas	Elgin Centre (417 Wellington St)	Parkinson's Specific			3:00-4:00 (Parkinson's)		

Virtual Classes						
		MON	TUES	WED	THURS	FRI
Zoom	HIGH/MID	1:30-2:30 (HIGH)	9:00-10:00 (MID) 10:30-11:30 (HIGH)	1:30-2:30 (MID)	9:00-10:00 (HIGH) 10:30-11:30 (MID)	

Retirement Home & Seniors Apartments								
City/Town	Location	Address	Mobility	Day and Time				
				MON	TUES	WED	THURS	FRI
St. Thomas	Royal Oak Senior Living	39232 Fingal Line	LOW			9:30-10:10 (LOW)		9:30-10:10 (LOW)
St. Thomas	Seasons Retirement Community	40 Ross St	LOW			10:30-11:10 (LOW)		10:30-11:10 (LOW)
St. Thomas	Talbot Manor	292 Wellington St	LOW			10:40-11:20 (LOW)		10:40-11:20 (LOW)
St. Thomas	Festival Gardens	17 Morrison Drive	LOW			11:30-12:30 (LOW)		
Aylmer	Heritage Place	110 Caverly Rd	LOW		11:00-11:40 (LOW)		11:00-11:40 (LOW)	

Last updated Jan 30th, 2024

Schedule subject to change. Please call the VON Office at **519-659-2273 ext 22285** or email Matthew.Thirlwall@von.ca for more information and to register for classes.

To stay up to date with our SMART schedule, please visit the VON Middlesex-Elgin Facebook page. <https://www.facebook.com/VictorianOrderofNursesME>

Pre-registration is required

For inclement weather class cancellations please reach out to our class hotline for up to date news on your home Class. [519-659-2273 Ext 22725](tel:519-659-2273)