



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)	
	Central United Church	135 Wellington St	MID		9:00-10:00 (MID)			9:00-10:00 (MID)
	St. Hilda's St. Luke's Anglican Church	185 Elm St.	MID			1:00-2:00 (MID)		1:00-2:00 (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)	
Aylmer	Our Lady of Sorrows Church	116 John St S	HIGH	10:00-11:00 (HIGH)				10:00-11:00 (HIGH)
	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)
Rodney	Rodney Community Centre	135 Queens Line	HIGH			10:00-11:00 (HIGH)		

Parkinson's Specialty Classes

			MON	TUES	WED	THURS	FRI
St. Thomas	St. Thomas Library (Carnegie Room)	153 Curtis St.					10:45-11:45



Virtual Classes (Via Zoom)						
		MON	TUES	WED	THURS	FRI
Zoom Classes	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 (Residents Only)								
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)
	Talbot Manor (accepts non-residents)	292 Wellington St	LOW					10:40-11:20 (LOW)
	Festival Gardens	17 Morrison Drive	LOW			11:30-12:30 (LOW)		
Aylmer	Heritage Place	110 Caverly Rd	LOW		10:30-11:10 (LOW)		10:30-11:10 (LOW)	

Schedule subject to change. Please call the VON Office at **519-659-2273 ext 22267** or email mevonsmart@von.ca for more information and to register for classes.

Pre-registration is required

For an updated list of class cancellations, reach out to our call in line at 519-659-2273 Ext 22725

To stay up to date with our SMART schedule, please visit the VON Middlesex-Elgin Facebook page.

<https://www.facebook.com/VictorianOrderofNursesME>

