



London SMART Exercise Classes - Community

Site Name	Address	Mobility Level	Day and Time				
			MON	TUES	WED	THUR	FRI
Riverside Retirement Residences	201 Riverside Dr.	Low		9:30-10:10		9:30-10:10	
Royalcliffe Retirement Residences	609 Wharncliffe Rd S	Low	3:15-3:55			9:30-10:10	
Church of the Ascension	2060 Dundas St	Mid		9:00-10:00	1:30-2:30		9:00-10:00
East Lions Community Centre	1731 Churchill Ave	High	1:30-2:30				
Gateway Church	890 Sarnia Road	Mid/High		1:00-2:00 Mid		1:00-2:00 High	
Hillcrest Salvation Army	310 Vesta Rd	High	10:50-11:50				
Jewish Community Centre	536 Huron St	Mid		11:00-12:00		11:00-12:00	
Lambeth Legion	7097 Kilbourne Rd	Mid		11:00-12:00		11:00-12:00	
Oakcrossing Retirement Living	1238 Oakcrossing Rd	Low		1:45-2:25		1:45-2:25	
Oakridge Presbyterian Church	970 oxford St W	Mid/High					9:30-10:30 High 11:00-12:00 Mid
Richmond Woods	200 N Centre Rd	Low		10:45-11:25		10:45-11:25	
Rowntree Memorial Church	156 Elliott Street	Mid		11:00-12:00	1:30-2:30	11:00-12:00	Thursdays At Capacity
St. Anne's Anglican Church	1344 Commissioners Rd W	High			1:30-2:30		9:30-10:30
St. Justin's Parish	855 Jalna Blvd	Mid				9:15-10:15	9:30-10:30
West London Alliance Church	750 Wonderland Rd N	Mid / High	10:30-11:30 High	10:00-11:00 Mid	At Capacity		



Specialty Classes								
Site Name	Address	Class	Day and Time					
			MON	TUES	WED	THUR	FRI	
Carling Heights Optimist Community Centre	656 Elizabeth St	Parkinson's/ Stroke		11:30-12:30			11:30-12:30	

Private Apartments and Seniors Clubs								
Site Name	Address	Mobility Level	Day and Time					
			MON	TUES	WED	THUR	FRI	
The Chantry (residents only)	300 North Centre Road	Mid			10:20-11:20			
Cherryhill Seniors Centre (Must purchase membership)	190 Cherryhill	Mid	9:30 -10:30				9:30-10:30	
Kiwanis Seniors Centre (Must purchase membership)	78 Riverside Drive	Mid					9:00-10:00	
Rosecliffe Gardens (residents only)	630 Springbank Drive	Mid	11:00-12:00				11:00-12:00	
Windemere Place (675/665/655 residents only)	675 Windemere Rd	Mid	1:30-2:30					

Schedule subject to change. Please call the VON Office at **519-659-2273 ext 22267 or 22285** 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>

