

GREY BRUCE WALKING GROUPS

GROUP	CONTACT	WHERE	WHEN	DETAILS
BWDSB Indoor Walking	Bluewater District School Board Kris Klages, Permit Coordinator Kris-klages@bwdsb.on.ca 519-363-2014 ext. 2007	Peninsula Shores District School 115 Moore Street Warton, ON	Tuesday & Thursday 7:00 PM - 9:00 PM September-June	FREE <i>Sign in with the monitor when you arrive.</i>
Brockton Indoor Walking Program	Municipality of Brockton Brockton Parks and Recreation Department recreation@brockton.ca 519-881-0625	Walkerton District Community School 1320 Yonge St. S Walkerton, ON	Monday - Friday 4:00 PM - 7:30 PM September-June	<i>\$15 Annual membership</i>
Chesley Walking Group	Municipality of Arran-Elderslie programs@arran-elderslie.ca 519-363-2626	Chesley Community Centre 129 4th Avenue SE Chesley, ON	Wednesday 11:00 AM - 12:00PM	FREE DROP IN
Collingwood Pole Walking	Town of Collingwood/ Collingwood Public Library/ Georgian Bay Family Health Team. Register at the Public Services Desk. 705-445-1571	Meet at the Central Park Arena 85 Paterson Street Collingwood, ON	Tuesday 10:30 AM - 12:00 PM	FREE <i>Rolling registration weekly. Poles provided.</i>
Dundalk Indoor Walking Program	South East Grey Community Health Centre, Dundalk info@segchc.ca 519-986-2222 ext. 6349	Dundalk Arena (Upstairs) 550 Main Street East Dundalk, ON	Call for information	FREE
Dundalk Outdoor Pole Walking	South East Grey Community Health Centre, Erskine Site 519-986-2222 ext. 6349	Erskine Site Community Health Centre 90 Artemesia Street South Dundalk, ON	Tuesday 8:30 AM - 9:30 AM	FREE <i>Poles provided</i>
Durham Walking Club	Durham Legion legion308@bellnet.ca 519-369-2239	Royal Canadian Legion, Branch 308 271 Bruce Street North Durham, ON	Monday, Wednesday, & Friday 9:30 AM - 11:00 AM September-May	FREE <i>*Coffee and water social afterwards</i>

Flesherton Indoor Walking Program	South East Grey Community Health Centre info@segchc.ca 519-986-2222 ext. 6349	Flesherton Kinxplex 2 Highland Drive Flesherton, ON	Monday & Friday 10:00 AM -11: 00 AM Year-round	FREE	YEAR ROUND
Grey Highlands Walking Group	Grey Highlands PROBUS Club walkinggroup@greyhighlandsprobus.club	Varies from walking Conservation trails to the Bruce Trail to guided village historical walks	Thursday AM Spring, Summer, Fall		\$25/year membership
Keady Indoor Walking Group	Keady Community Club Ruth Pringle 519-934-2864	Keady Community Centre 116931 Grey Road 3 Keady, ON	Monday & Thursday 9:00 AM January-March		\$1/day
Markdale Indoor Walking Program	South East Grey Community Health Centre 519-986-2222 ext. 6349	Markdale Arena 75 Walker Street Markdale, ON	Monday & Wednesday 1:00 PM - 2:00 PM Year-round	FREE	YEAR ROUND
Meaford Running/Walking Club	Coyote Running/Walking Club 519-538-0855 sandyandyharrington@rogers.com	Meet: McGinty's Cafe 45 Sykes Street North Meaford, ON	Saturday 7:30 AM		\$15/year membership
Neustadt Indoor Walking Program	Neustadt Recreation 519-665-7850 519-369-2200 ext. 240	Neustadt Arena (arena floor) 210 Forler Street Neustadt, ON	Tuesday - Saturday 8:00 AM - 10:00 AM	FREE	Walking Clubs welcome or form your own
Paisley Walking Group	Municipality of Arran-Elderslie programs@arran-elderslie.ca	Paisley Community Centre 391 Queen Street Paisley, ON	Tuesday, Thursday, & Friday 11:00 AM - 12:00 PM	FREE	DROP IN
Tara Walking Group	Municipality of Arran-Elderslie programs@arran-elderslie.ca	Tara Community Centre 150 Hamilton Street Tara, ON	Tuesday & Friday 9:00 AM - 11:00 AM	FREE	DROP IN Nordic Walking Poles available.
Thornbury Walking Group	Town of Thornbury Interested participants simply attend the BVCC Large Hall on the scheduled dates and walk in a climate controlled setting.	Beaver Valley Community Centre (Large Hall) 58 Alfred Street West Thornbury, Ontario	Monday & Thursday 9:00 AM - 11:00AM	FREE	

Walking is a great way to improve or maintain your overall health. Just 30 minutes a day can increase cardiovascular fitness, strengthen bones, boost muscle power and reduce the risk of chronic diseases.

Pick a place. Join a group. Make a plan and walk more!

GREY BRUCE WALKING TRACKS



HOST/CONTACT

WHERE

WHEN

DETAILS

The Davidson Centre

The Davidson Centre
601 Durham Street
Kincardine, ON

Daily
6:00 AM - 11:00 PM

FREE

YMCA of Owen Sound Grey Bruce

**YMCA Owen Sound -
Health, Fitness and
Aquatics Facility**
700 - 10th Street East
Owen Sound, ON

Fall/Winter/Spring hours:
Monday - Friday 5:45 AM - 10:00 PM
Saturday 7:00 AM - 7:30 PM
Sunday 8:00 AM - 5:00 PM
Holidays 7:00 AM - 3:00 PM

FEES

*Membership fees
apply (financial
assistance available)*

Hanover Regional Aquatic Centre

Hanover P & H Centre
269 - 7th Avenue
Hanover, ON

Regular hours:
Monday - Friday 5:45 AM - 10:00 PM
Saturday 7:00 AM - 7:30 PM
Sunday 8:00 AM - 5:00 PM
Holidays 7:00 AM - 3:00 PM

FREE

*Admission by
donation.*

Bayshore Community Centre

**Bayshore Community
Centre**
1900 - 3rd Avenue East
Owen Sound, ON

Opens daily at 8:00 AM
Schedule changes frequently, call
for walking hours: 519-376-3594

FREE





NOW IS THE TIME!
Keep active & embrace life.

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Being active for at least 150 minutes per week can help reduce the risk of

chronic disease (such as high blood pressure and heart disease) and premature death. It can also help to maintain mobility and functional independence, increase fitness levels, and improve mental health.

Let's Talk Intensity! Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder, and include activities like brisk walking or bicycling. Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath', and include activities such as cross-country skiing and swimming.

To find out about exercise opportunities in your area, please contact:



• Call 2-1-1 or visit www.211ontario.ca. 211 is an award winning helpline and website that provides free information and referrals to Ontario's community and social services.



• SouthWesthealthline.ca The healthline.ca is a website for Ontario patients, doctors, and health care providers to get accurate and up-to-date information about health services in their communities.

• Your local Family Health Team or Recreation Centre.

