



SMART (Seniors Maintaining Active Roles Together) ® Exercise & Education Program

SMART In-Person Options:

The SMART Exercise Program offers exercise classes to community members 55+ who wish to improve their strength, balance and mobility through low impact exercises. The exercise classes are facilitated by Fitness Instructors and/or Volunteers who receive specialized training and ongoing education to deliver safe exercise programs for all abilities. Classes are delivered in community locations, retirement homes and virtually. In some areas, specialty classes for Parkinson’s Disease, Multiple Sclerosis, Stroke, etc are running. Please reach out to your local office for more information.

Healthy Aging Education Series is also delivered in community locations, retirement homes and virtually. It is presented by registered kinesiologists from the VON, and registered staff from Osteoporosis Canada. There are 12 sessions covering a variety of health topics of interest to older adults and their care partners - from falls prevention, medications, exercise, nutrition, brain health, bone health and more. Please contact the Program Coordinator to learn more.

<p align="center">Barrie and Area SMART</p> <p>Andrea Cameron - Program Supervisor 705-737-5044 ext.221 Andrea.Cameron@von.ca</p>	<p align="center">Muskoka SMART</p> <p>Jodi Madden - Program Supervisor 705-787-1996 Jodi.Madden@von.ca</p>
<p align="center">Georgian Bay and Area SMART</p> <p>Debbie Ferris-Giammattolla - Program Supervisor 705-355-2200 Debbie.FerrisGiammattolla@von.ca</p>	<p align="center">Orillia and Area SMART</p> <p>Nicole Kernan - Program Supervisor 705-326-7021 Nicole.Kernan@von.ca</p>
<p align="center">North Simcoe & Muskoka Healthy Aging Education 705-737-5044 ext.228 SimcoeHealthyAgingZoom@von.ca</p>	

SMART Virtual Options:

The SMART Program is required to track virtual attendance for our funder through self-reporting. We would appreciate if you would call the SMART office in your area to register for SMART Virtual Programming and find out how you can help us track attendance. Registering for SMART Virtual Programming will also enable you to get updates about virtual programming and in-person classes. Thank you for your cooperation in this matter.

Area	Contact Information
Barrie and Area	705-737-5044 ext.221 SMARTBarrie@von.ca
Georgian Bay and Area	705-355-2200 SMARTGeorgianBay@von.ca
Muskoka and Area	705-787-1996 SMARTMuskoka@von.ca
Orillia and Area	705-326-7021 SMARTOrillia@von.ca



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1. SMART is on YouTube

SMART Exercise Classes have been recorded and uploaded on to the [VON Simcoe County SMART Program YouTube Channel](#). There are a variety of options on the channel. There are a variety of lengths (30 min., 45min. and 1 hour). There are various levels (seated and standing). There are also videos that incorporate equipment (bands). New videos get uploaded on a regular basis, so check back for more options.

2. SMART is on Rogers TV – Staying Active with VON SMART

SMART Exercise Classes are airing on Rogers TV throughout **Simcoe County**. The classes are on demand on [Rogers TV online](#) and also on TV at the days, times and channels listed below: (as of January 17, 2024)

Area	Channel	Days	Time
Barrie	10	Sun/Tues/Thurs/Sat	7:00am
		Mon/Wed/Fri	10:00am
		Sun	12:00pm
Borden/Alliston	65	Mon/Wed/Fri	10:00am
Collingwood	53	Mon/Wed/Fri	10:00am
Orillia	10	Mon	9:00am
		Wed	11:00am
		Fri	10:00am
<i>*Scheduling is subject to change at Rogers TV discretion. Please refer to their schedule for the most up to date times.</i>			

3. SMART is on Cogeco TV – VON Fit

SMART Exercise Classes are airing on Cogeco throughout **Muskoka**. See below for the complete list of days, times and channels:

Area	Channel	Days	Time
Muskoka	700	Mon. – Fri.	10:30-11:30

4. SMART is on Zoom

SMART Exercise Classes are on Zoom. Please contact the SMART Program in your area to register and view a complete Zoom schedule.

5. SMART – Healthy Aging Education Series is on Zoom

The 12 standardized Healthy Aging Education sessions are now being offered through Zoom. Please contact the Program Coordinator to register and view a complete Zoom schedule.