

Southern Ontario

* indicates sites that can offer *TIME™ Lite* and *TIME™ Plus*

City/Town	Site Name	Address	Contact Information
Toronto Region			
Toronto Downtown east	Central Neighbourhood House	349 Ontario Street Toronto, ON M5A 2V8	Paul Hundert T: 416-925-4363 Ext. 2525. paul.hundert@tngcs.org
Scarborough	Variety Village	3701 Danforth Ave. Scarborough, ON M1N 2G2	Debbie Murray T: 416-699-7167 ext. 238 dmurray@varietyontario.ca
Halton Region			
Halton Hills	Hillsview Active Living Centre	318 Guelph St Georgetown L7G 4B5	Stephanie Barrington 905-873-2600 ext. 2360 sbarrington@haltonhills.ca
York Region			
Newmarket	Magna Centre	800 Mulock Dr. Newmarket, ON L3Y 9C1	Anne Sugar asugar@newmarket.ca 905-953-5300 ext 2710
Stouffville	Ballantrae Golf and Country Club Recreation Centre (for residents of the Ballantrae G&CC)	1 Final Round Stouffville, ON L4A 1N3	Dayna Stoddart 905-640-1055 x22 daynawellnes@gmail.com
Stouffville	Whitchurch-Stouffville Leisure Centre	2 Park Drive Stouffville, ON L4A 4K1	Craig Baillie 905-642-7529 ext 5319 Craig.baillie@townofws.ca
Vaughan (Thornhill)	North Thornhill Community Centre	300 Pleasant Ridge Ave Thornhill, ON L4J9B3	Cindy Daniels-Bullard, Fitness Coordinator 905-832-2377 ext.7427 cindy.daniels@vaughan.ca
Vaughan (Woodbridge)	Vellore Village Community Centre	1 Villa Royale Ave Woodbridge, ON L4H 2Z7	Cindy Daniels-Bullard, Fitness Coordinator 905-832-2377 ext.7427 cindy.daniels@vaughan.ca
Durham Region			
*Whitby	*Abilities Centre	1 Jim Flaherty St Whitby, ON L1N 0J2	Carrie Dain, Lead Post Rehabilitation postrehab@abilitiescentre.org 905-665-8500 ext. 114

Southern Ontario- continued

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City/Town	Site Name	Address	Contact Information
Kawartha Lakes Region			
Lindsay	Lindsay Kawartha Recreation Complex	133 Adelaide St. South Lindsay, ON K9V 4M2	Olivia Vandenberg 705-324-9411, ext. 1555 ovandenberg@kawarthalakes.ca
Peterborough	Peterborough Sport and Wellness Centre	775 Brealey Drive Peterborough, ON K9J 6X4	Jennifer Bell 705-742-7777, ext 2207 jbelle@peterborough.ca

Northern Ontario

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City/Town	Site Name	Address	Contact Information
Bracebridge	Hive Muskoka	227 Wellington Street, Bracebridge, ON, P1L 1C1	Fyonna Vanderwerf T : 705-706-2809 fyonna@hivemuskoka.ca
Dryden	Dryden Recreation Centre	84 Whyte Ave Dryden, ON P8N 1Z5	Joel Allen 807-223-1470 jallen@dryden.ca
Haileybury/ Timiskaming	Timiskaming Home Support (Post Stroke Transitional Care Program)	367 Sutherland Way, Haileybury, ON P0J 1K0	Csilla Szabo 705-672-2254, ext 2220 cszabo@homesupportservices.ca
North Bay	PHARA (Post Stroke Transitional Care Program)	280 Oakwood Ave North Bay , ON P1B 9G2	Danielle Nadeau 705-476-0733, ext 221 dnadeau@phara.org
Parry Sound	The Friends (Post Stroke Transitional Care Program)	27 Forest Street Parry Sound, ON P2A 2R2	Robin Stainton 705-746-5102 ext 269 rstanton@thefriends.on.ca
Sault Ste. Marie	March of Dimes (Post Stroke Transitional Care Program)	550 Queen St W, Suite 103, Sault Ste. Marie, ON P6A 1A6	Kayla Short 705-945-1044ext 3019 kashort@marchofdimes.ca
Sudbury	ICAN- Independence Centre and Network (Post Stroke Transitional Care Program)	765 Brennan Road Sudbury, ON P3C 1C4	Krystina Newfeld 705-673-0655 ext. 201 knewfeld@ican-cerd.com
Timmins	March of Dimes (Post Stroke Transitional Care Program)	38 Pine Street North, Suite 121 Timmins, ON, P4N 6K6	Amanda Chartrand 705-360-5150 achartrand@marchofdimes.ca

British Columbia

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City/Town	Site Name	Address	Contact Information
Metro Vancouver			
Coquitlam	Poirier Sports & Leisure Complex	630 Poirier Street Coquitlam, BC V3J 6A9	Camilo Molina 604-927-6005 cmolina@coquitlam.ca
Coquitlam	Maillardville Community Centre	1200 Cartier Ave Coquitlam, BC V3K 2C3	Camilo Molina 604-927-6005 cmolina@coquitlam.ca
Langley	Walnut Grove Community Centre	8889 Walnut Grove Dr Langley, BC V1M 2N7	Wendy Cook 604-857-4291 wcook@tol.ca
Columbia-Shuswap			
*Revelstoke	*Revelstoke Community and Aquatic Centre	600 Campbell Ave, Revelstoke, BC V0E 2S0	Meghan MacIsaac mmacisaac@revelstoke.ca 250-837-9351 OR prc@revelstoke.ca
Southern Vancouver Island			
Victoria	Juan de Fuca Recreation Centre	1767 Island Highway Victoria, BC V9B 1J1	Kaitlyn Waring 250-478-8384 rehab@westshorerecreation.ca
Victoria	Silver Threads Victoria Centre	1911 Quadra St. Victoria, BC V8T 4C1	Kim Davidson 250-388-4268 kimdavidson@silverthreads.ca
Victoria	Gordon Head Recreation Centre	4100 Lambrick Way Victoria, BC V8N 5R3	Deanna Roch 250-475-7109 Deanna.roch@saanich.ca
Fraser Valley			
Agassiz	Agassiz Community Recreation and Cultural Centre	6660 Pioneer Ave Agassiz, BC V0M 1A3	Skyler Gormley 604-796-8891 sgormley@kentbc.ca OR Miranda mthomasmerkley@kentbc.ca

Atlantic Canada

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City/Town	Site Name	Address	Contact Information
Nova Scotia			
*White Rock Nova Scotia	*White Rock Community Association	1542 White Rock Rd. White Rock, NS B4P 2R1	Phyllis Crowe 902-542-3733 phyllis.crowe@gmail.com Robin Foster 902-297-7389 luke-4@hotmail.com
Newfoundland			
Corner Brook Newfoundland	Corner Brook Civic Centre – Annex	1 Canada Games Dr, Corner Brook, NL A2H 6C9	Brittany Murphy 709-637-1577 brittanymurphy@westernhealth.nl.ca
St John's Newfoundland	Paul Reynold's Community Centre	35 Carrick Drive St. John's, NL A1A 4N2	Sarah Blackwood 709-576-6972 inclusion@stjohns.ca

TIME at Home, virtual program

Canada Games Complex, City of Thunder Bay
<ul style="list-style-type: none">• To register contact Jessy Bogacki Jessy.Bogacki@thunderbay.ca or (807) 684-3338• Sessions run for 6 weeks and registration for the next session is accepted at any time• You can join this program from anywhere in Ontario (not limited to Thunder Bay)• Registration fee of \$24 for 6 weeks (12 classes)
MS Canada
<ul style="list-style-type: none">• Register through their webpage at TIME™ at Home MS Canada or call the MS navigators at 1.844.859.6789• Sessions span the length of a season (September to December is the fall session)• You can join this program from anywhere in Canada• Note: priority will be given to people with multiple sclerosis, but others are welcome to register
Toronto Grace Remote Care Monitoring (RCM) - Active Together
<ul style="list-style-type: none">• To register email RCMplus@torontograce.org with subject line "TIME at HOME"• Sessions run for 6 weeks and registration for the next session is accepted at any time• Note: participants must qualify for falls/emergency alert pendant through RCM- email above contact for details• If you are a referring clinician please complete the RCM form available at Toronto Grace Health Centre Remote Care Monitoring Intake Referral Form and indicate "TIME™ at HOME" in the reason for referral.
March of Dimes, Post Stroke Transitional Care Program
<ul style="list-style-type: none">• To register contact Sheryl Pierman spierman@marchofdimes.ca or (705) 945-1044, ext. 251• Note: registration is limited to those already enrolled in the Post Stroke Transitional Care Program through March of Dimes (Sault Ste Marie)