

Active Aging

Online Videos

Halton Hills Active Living

Videos using resistance tubes and body weight

<https://www.haltonhills.ca/en/residents/active-living-strategy---active-easy.aspx>

University of Western Ontario Canadian Centre for Active Aging- Active at Home Videos

<https://www.uwo.ca/ccaa/programs/videos/index.html>

Food Soup to Tomatoes

https://www.youtube.com/channel/UCOMO_bx4Y2l0jkhQtFHppQw/playlists?view_as=subscriber

AIM Fitness Activities in Motion

<https://www.youtube.com/@AIMFitnessActivitiesInMotion>

Kinlinds- You Tube Channel kinlinds

https://www.youtube.com/channel/UCDID36JP8Wb2vLJpju_5O8A

Exercise for Your Health – You Tube Channel

<https://www.youtube.com/channel/UCmZZHwZnKCiDexHIiltJJVA>

Resources about Physical Activity and Dementia

For people living with dementia and care partners

<https://uwaterloo.ca/brain-and-body-lab/resources-about-physical-activity-and-dementia>

Active Aging

In Person Programs

Acclaim Health – Free Programs

<https://acclaimhealth.ca/programs/fall-prevention/community-exercise-classes/>

Town of Halton Hills Programs

<https://www.haltonhills.ca/en/explore-and-play/fitness-classes.aspx#Schedule-FALL-2025-September-December->

*Hillsview Active Living Centre members receive 25% discount on classes at Hillsview Locations

Aqua fitness- <https://www.haltonhills.ca/en/explore-and-play/aqua-fitness.aspx#Programs>

Swimming- <https://www.haltonhills.ca/en/explore-and-play/recreational-swimming.aspx>

Skating- <https://www.haltonhills.ca/en/explore-and-play/aqua-fitness.aspx#Programs>

Walk Fit

The Walk Fit Membership provides access to walking at arenas in Acton and Georgetown. Conditions are always right for a walk in our climate-controlled facilities! Enjoy the safety and convenience of the Walk Fit Membership. "Whatever the weather, we walk together!" Cost is only \$37.29 per year, including HST.

<https://www.haltonhills.ca/en/explore-and-play/recreation-passes.aspx#Walk-Fit-Membership>

Court Sports

<https://www.haltonhills.ca/en/explore-and-play/court-sports.aspx>

Halton Hills Pickleball

<https://www.haltonhillspickleball.ca/haltonhillspickleball/home/readPage.do?id=141>

Recreation

Hillview Active Living Centre

- <http://www.haltonhills.ca/50plus/index.php>
Georgetown and Acton locations

Halton Hills Library

<https://www.hhpl.ca/en/borrow/special-collections.aspx>

You can borrow:

Senior Fitness Kits

Pickleball Equipment

Walking Poles