

Exercising on Zoom



HOME ACCESS PROGRAMS
FROM
THE CALEDON SENIORS'
CENTRE

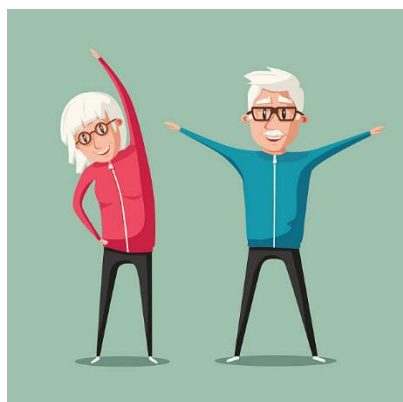
In Partnership

With

Ontario 

Weekday Mornings at 9:00 a.m.

Registration



Medium Intensity Staying Strong Monday, Wednesday and Fridays

A strength-based class with focus on balance and coordination and flexibility.

Call: 905-951-6114

Or Email:

csc.satellite2018@gmail.com or
programs@caledonseniors.ca

To Join a Zoom Meeting click Join a meeting on the zoom app or website then enter the below

information:

Meeting Id:

712 731 0172

No Password

Phone in for Audio Only

Call:

647-374-4685 or 647-558-0588

You will then be prompted to enter the Meeting ID#:

712 7310 172 then press #

ATTENTION:

All members need to complete a new 2021 membership application and waiver to attend.

Membership to The Caledon Senior's Centre is free as of 2021. We do not have an age restriction on membership. Drop by and fill out a membership at 7 Rotarian Way in Bolton Monday to Friday 8:30 to 3:00 p.m.



Low Intensity Chair Exercising Tuesdays and Thursdays

A seated class with strengthening exercises and range of motion and flexibility