

## HOME ACCESS PROGRAMS FROM THE CALEDON SENIORS' CENTRE

**MARCH & APRIL 2021**

### SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Staying Strong Exercises on Zoom	Chair Exercises on Zoom	Staying Strong Exercises on Zoom	Chair Exercises on Zoom	Staying Strong Exercises on Zoom
10:00 AM	Carpet Bowling Closed Group on Phone	Word Games with Caledon Village on Phone	Trivia with Caledon East on Phone	Carpet Bowling Closed Group on Phone	What happened in the year of... Open Group on Phone
11:00 AM		Free Exercises with Soraya on Zoom		Speaker Series on Zoom	Free Exercises with Soraya on Zoom
1:00 PM	Family Feud on Phone		Bingo on Phone	Fill In The Lyrics on Phone	Book Club on Zoom (March 26 & April 30)
2:00 PM	Meditation Circle - on Phone The Singers - on Zoom	Punjabi Bingo on Zoom	Bingo on Phone	Meditation Circle on Phone	Punjabi Bingo on Zoom

### To call into Phone Program

Dial:  
289-401-2935 or  
Toll-free 1-855-458-8547

### Zoom Programs

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 #

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

**Ontario** 

### Weekly Card Games on Trickster Cards program with other members of the Centre

Tuesdays - Euchre Mornings at 11:00 am - noon or Afternoons starting after 1:00 pm

Wednesdays - Oh Hell Mornings at 10:30 am to 11:30 am

Requirements - a computer, laptop, iPad or Tablet and internet service

Call Cheryl at 905-951-6114 to learn and join the fun!