

CALEDON SENIORS CENTRE – SUMMER PROGRAM SCHEDULE 2022

PLEASE ARRIVE NO MORE THAN 10 MINUTES BEFORE THE PROGRAM START TIME

ACTIVITY	DAY	ROOM	TIME	START DATE
EXERCISES with CHERYL	MONDAY	EGAN	9:00 AM	ON GOING
CARPET BOWLING	MONDAY	BOB SMITH	10:00 AM	ON GOING
LUNCH (Sit in or take out)	MONDAY	EGAN	12:00 PM	ON GOING
KAREOKE SING-A-LONG	MONDAY	EGAN	1:00 PM	ONGOING
BID EUCHRE	MONDAY	BOB SMITH	6:30 PM	ON GOING
TABLE TENNIS	TUESDAY	BOB SMITH	8:30 AM	ON GOING
TAI CHI	TUESDAY	EGAN	9:00 AM	ON GOING
CHAIR YOGA with LEAH	TUESDAY	ZOOM	9:00 AM	ON GOING
BRIDGE	TUESDAY	EGAN	12:30 PM	ON GOING
OH HELL	TUESDAY	BOB SMITH	1:00 PM	ON GOING
TRICKSTER EUCHRE	TUESDAY	VIRTUAL	1:00 PM	ON GOING
EXERCISES with Leah	WEDNESDAY	EGAN/ZOOM	9:00 AM	ON GOING
KNITTING, BID EUCHRE & GAMES	WEDNESDAY	BOB SMITH	9:30 AM	ON GOING
TRICKSTER OH HELL	WEDNESDAY	VIRTUAL	10:30 AM	ON GOING
LUNCH (Sit in or take out)	WEDNESDAY	BOB SMITH	12 NOON	ON GOING
BINGO & PHONE BINGO	WEDNESDAY	BOB SMITH	1:00 PM	ON GOING
ITALIAN CLUB	WEDNESDAY	EGAN	1:30 PM	ON GOING
CHAIR YOGA WITH LEAH	THURSDAY	ZOOM	9:00 AM	ON GOING
NORDIC POLE WALKING	THURSDAY	LOBBY	9:45 AM	ON GOING
THERABAND CHAIR EXERCISES	THURSDAY	ZOOM	10:30 AM	ON GOING
EUCHRE	THURSDAY	EGAN	1:00 PM	ON GOING
PAINTING CLASSES	THURSDAY	BOB SMITH	1:30 PM	SEPT 2
CHROME BOOK PROJECT	FRIDAY	BOB SMITH	10:30 AM	CALL FMI
EXERCISES with LEAH	FRIDAY	ZOOM	9:30 AM	ON GOING
TRICKSTER OH HELL	FRIDAY	VIRTUAL	10:30 AM	ON GOING
SHUFFLEBOARD	FRIDAY	BOB SMITH	1:00 PM	JUN 24 -AUG 26
BOOK CLUB	FRIDAY	ZOOM	1:00 PM	JUL 29, AUG 26
EUCHRE	FRIDAY	BOB SMITH	7:00 PM	ON GOING

SATELLITE ACTIVITIES	DAY	PLACE	TIME	START DATE
LUNCH & GAMES	TUESDAY	CALEDON VILLAGE	9:00 – 3:00	ON GOING
LUNCH & GAMES	WEDNESDAY	SOUTHFIELDS REC. CENTRE	11:00 – 3:00	ON GOING
GAMES/LUNCH & EUCHRE	THURSDAY	MARGARET DUNN VALLEYWOOD	9:30 – 3:00	ON GOING
LUNCH/EXERCISES/ GAMES	FRIDAY	CALEDON EAST COMMUNITY COMPLEX LIONS DEN	9:00 - 3:00	ON GOING

CLASSIC CAFÉ SCHEDULE RESUMES IN SEPTEMBER MARK YOUR CALENDARS

Caledon East Community Complex	11 AM – 2PM	Sep 2 & Oct 7	Join us for Coffee & Conversation
Caledon Village	11 AM – 2 PM	Sep 7 & Oct 5	Guest Speaker
Alton	12 PM – 5 PM	Sep 14 & Oct 12	Followed by
Inglewood	10 AM – 2:30 PM	Sep 1 & Oct 6	Lunch & Games

PLEASE CALL THE CENTRE FOR MORE INFORMATION ON OUR PROGRAMS

905-951-6114