

CALEDON SENIORS CENTRE – FALL/WINTER
PROGRAM SCHEDULE 2022

ACTIVITY	DAY	ROOM	TIME	START DATE
EXERCISES with Clare	MONDAY	NURDEN	9:00 AM	ON GOING
CARPET BOWLING	MONDAY	PATTERSON	10:00 AM	ON GOING
CARDIO STRENGTH CLASS with TINA	MONDAY	NURDEN	10:45 AM	ON GOING
LUNCH (Sit in or take out)	MONDAY	PATTERSON	12:00 PM	ON GOING
WOODCARVING	MONDAY	PATTERSON	1:00 PM	ON GOING
THE SINGERS	MONDAY	NURDEN	1:30 PM	ONGOING
BID EUCHRE	MONDAY	PATTERSON	6:30 PM	ON GOING
TABLE TENNIS	TUESDAY	PATTERSON	8:30 AM	ON GOING
TAI CHI	TUESDAY	NURDEN	9:00 AM	ON GOING
STRETCH & STRENGTHEN CHERYL	TUESDAY	ZOOM	9:30 AM	OCT 18
BRIDGE	TUESDAY	PATTERSON	12:30 PM	ON GOING
OH HELL	TUESDAY	MIDDLE	1:00 PM	ON GOING
TRICKSTER EUCHRE	TUESDAY	VIRTUAL	1:00 PM	ON GOING
EXERCISES WITH CHERYL	WEDNESDAY	NURDEN/ZOOM	9:00 AM	ON GOING
KNITTING, BID EUCHRE & GAMES	WEDNESDAY	MIDDLE	9:30 AM	ON GOING
EXERCISES WITH SORAYA	WEDNESDAY	ZOOM	10:15 AM	ON GOING
TRICKSTER OH HELL	WEDNESDAY	VIRTUAL	10:30 AM	ON GOING
LUNCH (Sit in or take out)	WEDNESDAY	MIDDLE	12 NOON	ON GOING
BINGO & PHONE BINGO	WEDNESDAY	PATTERSON	1:00 PM	ON GOING
ITALIAN CLUB	WEDNESDAY	MIDDLE	1:30 PM	ON GOING
HOMEMADE JAM & SONG	WEDNESDAY	NURDEN	1:30 PM	ON GOING
NORDIC POLE WALKING	THURSDAY	LOBBY	9:00 AM	ON GOING
CHAIR YOGA WITH CLARE	THURSDAY	NURDEN/ZOOM	11:15 AM	ON GOING
EUCHRE	THURSDAY	PATTERSON	1:00 PM	ON GOING
PAINTING CLASSES	THURSDAY	MIDDLE	1:30 PM	ON GOING
EXERCISES WITH SORAYA	FRIDAY	ZOOM	9:00 AM	ON GOING
TECHNOLOGY – 1 ON 1	FRIDAY	NURDEN	9:00 AM	ON GOING
COMPUTER -INTERMEDIATE	FRIDAY	NURDEN	10:15 AM	ON GOING
TRICKSTER OH HELL	FRIDAY	VIRTUAL	10:30 AM	ON GOING
TABLET/IPAD	FRIDAY	NURDEN	11:15 AM	ON GOING
BOOK CLUB	FRIDAY	ZOOM	1:00 PM	NOV 18/DEC 16
CHROME BOOK CLASS	FRIDAY	NURDEN	1:00 PM	ON GOING
EUCHRE	FRIDAY	PATTERSON	7:00 PM	ON GOING

SATELLITE ACTIVITIES	DAY	PLACE	TIME	START DATE
LUNCH/EXERCISES/ GAMES	FRIDAY	C/E Community Complex	9:00 - 3:00	ON GOING
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	9:00 – 3:00	ON GOING

CLASSIC CAFÉ SCHEDULE

Caledon East Community Complex	11 am – 2 pm	Nov. 11	Join us for Coffee & Conversation
Caledon Village	11 am – 2 pm	Nov. 8 & Dec. 6	Guest Speaker
Alton	12 pm – 5:00 pm	Nov. 9 & Dec. 14	Followed by
Inglewood	10 am – 2:30 pm	Nov. 3 & Dec. 1	Lunch & Games