

**CALEDON SENIORS CENTRE – WINTER /SPRING
PROGRAM SCHEDULE 2023**

ACTIVITY	DAY	ROOM	TIME	START DATE
EXERCISES with CLARE	MONDAY	NURDEN/ZOOM	9:30 AM	MARCH 6
CARPET BOWLING	MONDAY	PATTERSON	10:00 AM	ON GOING
CARDIO STRENGTH CLASS with TINA	MONDAY	PATTERSON	10:45 AM	ON GOING
LUNCH (Dine-in or take-out)	MONDAY	PATTERSON	12:00 PM	ON GOING
WOODCARVING	MONDAY	BOB SMITH	1:00 PM	ON GOING
THE SINGERS	MONDAY	NURDEN	1:00 PM	ON GOING
BID EUCHRE	MONDAY	NURDEN	6:30 PM	ON GOING
TABLE TENNIS	TUESDAY	PATTERSON	8:30 AM	ON GOING
BEGINNER TAI CHI	TUESDAY	NURDEN	9:00 AM	MARCH 7
TAI CHI	TUESDAY	NURDEN	9:30 AM	ON GOING
EXERCISES WITH CHERYL	TUESDAY	ZOOM	9:30 AM	ON GOING
BRIDGE	TUESDAY	PATTERSON	12:30 PM	ON GOING
OH HELL	TUESDAY	MIDDLE	1:00 PM	ON GOING
EUCHRE	TUESDAY	BOB SMITH	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	EGAN/MIDDLE	9:30 AM	ON GOING
EXERCISES WITH SORAYA	WEDNESDAY	ZOOM	10:00 AM	JAN 18 – MAR 21
TRICKSTER OH HELL	WEDNESDAY	VIRTUAL	10:30 AM	ON GOING
BOOK CLUB	WEDNESDAY	BOB SMITH	11:00 AM	MAR 29 & APR 26
LUNCH (Dine-in or take-out)	WEDNESDAY	MIDDLE	12 NOON	ON GOING
BINGO & PHONE BINGO	WEDNESDAY	PATTERSON	1:00 PM	ON GOING
HOMEMADE JAM & SONG	WEDNESDAY	NURDEN	1:30 PM	ON GOING
NORDIC POLE WALKING	THURSDAY	LOBBY	9:30 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	BOB SMITH	1:30 PM	ON GOING
SHUFFLEBOARD	THURSDAY	NURDEN	1:30 PM	MARCH 9
TABLE TENNIS	FRIDAY	PATTERSON	9:00 AM	ON GOING
EXERCISES WITH SORAYA	FRIDAY	ZOOM	9:00 AM	JAN 20 – MAR 17
TECHNOLOGY – 1 ON 1	FRIDAY	NURDEN	9:00 AM	JAN 6 – MAR 10
COMPUTER -INTERMEDIATE	FRIDAY	NURDEN	10:15 AM	JAN 6 – MAR 10
TRICKSTER OH HELL	FRIDAY	VIRTUAL	10:30 AM	ON GOING
TABLET/IPAD	FRIDAY	NURDEN	11:15 AM	JAN 6 – MAR 10
CHROME BOOK CLASS	FRIDAY	NURDEN	1:00 PM	JAN 6 – MAR 10
EUCHRE	FRIDAY	PATTERSON	7:00 PM	ON GOING

SATELLITE ACTIVITIES	DAY	PLACE	TIME	START DATE
EXERCISES / LUNCH / GAMES	MONDAY	C/E Community Complex	9:00 - 3:00	ON GOING
EXERCISES / LUNCH / GAMES	TUESDAY	CALEDON VILLAGE	9:30 – 3:00	ON GOING
SOUTH ASIAN SOCIAL	WEDNESDAY	SOUTHFIELDS REC. CENTRE	11:00 – 3:00	ON GOING
GAMES/LUNCH	TBD	MARGARET DUNN VALLEYWOOD		TBD

CLASSIC CAFÉ SCHEDULE

Inglewood Community Centre	11 am – 2 pm	Mar. 2 & Apr. 6	Join us for Coffee & Conversation
Caledon East Community Complex	11 am – 2 pm	Mar. 6 & Apr. 3	Fabulous Guest Speaker
Caledon Village Place/Library	11 am – 2 pm	Mar. 7 & Apr. 4	Followed by
Alton Library Community Room	12 pm – 3 pm	Mar. 8 & Apr. 12	Lunch & Games