



Satellite Program of the Caledon Seniors' Centre

In Partnership with



Join us for Classic Café Speakers

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
4 Locations to serve you weekly	Caledon East C.E.C.C Lion's Den 6215 Old Church Rd. 9:00 am – 3:00 pm	Caledon Village 18313 Hwy 10 Library Lower Level 9:30 am – 3:00 pm	Southfields Recreation Centre 225 Dougall Ave 11:00 am - 3:00 pm	Valleywood 20 Snelcrest Drive Margaret Dunn Library TBD
For more information contact Stacie Roberts 905-586-6114 or 905-951-6114 Email: satelliteprogram@caledonseniors.ca Or drop in to say hello when we are in your neighbourhood.	Stretch and Strengthen Exercises 9:30 am – 10:30am Games and Refreshments 9:00 am – 3:00pm Soup and Sandwich Lunch with Dessert 12:30 pm -1:30 pm	Stretch and Strengthen Exercises 9:30 am – 10:30am Games and Refreshments 9:00 am – 3:00pm Soup and Sandwich Lunch with Dessert 12:30 pm -1:30 pm	South Asian Social 11:00 am – 3pm Games & Refreshments, Bingo, Guest Speakers and More!	Stretch and Strengthen Exercises TBD Games and Refreshments TBD Soup and Sandwich Lunch with Dessert TBD
Classic Café Speaker Series March & April 2023	Caledon East Community Complex Lion's Den 11:00 am – 2:00 pm Monday, March 6 Unpaid Caregivers of the Hills of Headwaters with Heidi Vanderhorst Monday, April 3 Age Friendly Caledon with Katie Sawyer	Caledon Village Place/Library Lower Level 11:00 am – 2:00 pm Tuesday, March 7 Age Friendly Caledon with Katie Sawyer Tuesday, April 4 Senior Saviour Solutions with Stephanie Anderton	Alton Library/Community Room 35 Station Street, Alton 12:00 pm – 3:00pm Wednesday, March 8 Caledon Public Library with Kelly & Milki Wednesday, April 12 Senior Saviour Solutions with Stephanie Anderton	Inglewood Community Centre 15825 McLaughlin Rd. 11:00 am – 2:00 pm Thursday, March 2 Age Friendly Caledon with Katie Sawyer Thursday, April 6 Heritage Trees with Joanne Crease

Caledon Seniors' Centre Membership is Free

Satellite Program Fees:

Exercises: \$4.00

Drop in/Games: \$3.00

Lunch: \$7.00 (Sandwich \$3.00, Soup \$3.00, Dessert \$1.00)

Classic Café: \$10.00 includes Speaker Presentation and Lunch