

CALEDON SENIORS CENTRE –SPRING PROGRAM SCHEDULE 2024

ACTIVITY	DAY	ROOM	TIME	START DATE
EXERCISES with Clare	MONDAY	NURDEN/ZOOM	9:30 AM	ON GOING
CARPET BOWLING	MONDAY	PATTERSON	10:00 AM	ON GOING
CHAIR YOGA WITH CLARE	MONDAY	NURDEN	10:45 AM	ON GOING
LUNCH (Sit in or take out)	MONDAY	EGAN	12:00 PM	ON GOING
WOODCARVING	MONDAY	BOB SMITH	1:00 PM	ON GOING
SINGERS	MONDAY	NURDEN	12:45 PM	ON GOING
BALLROOM DANCE PRACTICE	MONDAY	PATTERSON	3:00 PM	ON GOING
BID EUCHRE	MONDAY	PATTERSON	6:30 PM	ON GOING
TABLE TENNIS	TUESDAY	PATTERSON	8:30 AM	ON GOING
BEGINNER TAI CHI	TUESDAY	NURDEN	9:00 AM	ON GOING
TAI CHI	TUESDAY	NURDEN	9:30 AM	ON GOING
CARDIO STRENGTH CLASS with CLARE	TUESDAY	BOB SMITH	9:30 AM	ON GOING
LINE DANCING starts April 23	TUESDAY	NURDEN	11:30 AM	ON GOING
BRIDGE	TUESDAY	PATTERSON	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 CHERYL	WEDNESDAY	NURDEN/ZOOM	9:00 AM	ON GOING
KNITTING, BID EUCHRE, WII GAMES	WEDNESDAY	EGAN	9:30 AM	ON GOING
CHRONIC PAIN WORKSHOP	WEDNESDAY	BOB SMITH	9:30 AM	Apr 10, 17 / May 1, 8, 15, 22
EXERCISES WITH SORAYA	WEDNESDAY	VIRTUAL	10:00 AM	ON GOING
TRICKSTER OH HELL	WED. & FRI.	VIRTUAL	10:30 AM	ON GOING
BOOK CLUB	WEDNESDAY	BOB SMITH	11:00 AM	May 29 & June 26
LUNCH (Sit in or take out)	WEDNESDAY	EGAN	12 NOON	ON GOING
ZUMBA GOLD CLASSES	WEDNESDAY	NURDEN	1:00 PM	ON GOING
BINGO & PHONE BINGO	WEDNESDAY	BOB SMITH	1:00 PM	ON GOING
HOMEMADE JAM & SONG	WEDNESDAY	PATTERSON	1:30 PM	ON GOING
NORDIC POLE WALKING	THURSDAY	LOBBY	9:30 AM	ON GOING
MEDITATION WITH ISIS	THURSDAY	NURDEN	10:00 AM	Starting June 6
CHAIR YOGA WITH CLARE	THURSDAY	NURDEN	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	ON GOING
EXERCISES WITH SORAYA	FRIDAY	NURDEN/ZOOM	9:30 AM	ON GOING
TECHNOLOGY – 1 ON 1	FRIDAY	EGAN	9:00 AM	Apr.5 – May 31
TECHNOLOGY – 1 ON 1	FRIDAY	EGAN	10:15 AM	Apr.5 – May 31
TABLET/IPAD	FRIDAY	EGAN	11:15 AM	Apr.5 – May 31
CHROME BOOK CLASS	FRIDAY	EGAN	1:00 PM	Apr.5 – May 31
EUCHRE	FRIDAY	PATTERSON	7:00 PM	ON GOING
SATURDAY NIGHT SOCIAL	SATURDAY	EGAN	6:00 PM	ON GOING
SATELLITE ACTIVITIES	DAY	PLACE	TIME	START DATE
EXERCISES/GAMES/LUNCH	MONDAY	C/E Community Complex	9:00 - 3:00	ON GOING
EXERCISES/GAMES/LUNCH	TUESDAY	CALEDON VILLAGE PLACE	9:30 – 2:30	ON GOING
EXERCISES/REFRESHMENTS	WEDNESDAY	C/E Community Complex	9:30 – 11:00	ON GOING
SOUTH ASIAN SOCIAL	WEDNESDAY	SOUTHFIELDS REC. CENTRE	11:00 – 2:00	ON GOING
EXERCISES/REFRESHMENTS	THURSDAY	MARGARET DUNN VALLEYWOOD	11:00 – 1:00	ON GOING
EXERCISES/REFRESHMENTS	FRIDAY	INGLEWOOD COMMUNITY CTR.	11:00 – 1:00	ON GOING