



### Caledon East - Mondays

Caledon East Community Complex, Hall A  
6215 Old Church Rd - 9:00am - 3:00pm  
~ Exercises \$4 ~ 9:30 - 10:30am w Sandy Elich  
~ Games 9:00 am - 3:00pm - \$4.00  
~ Lunch 12:30 pm - \$8.00  
CLASSIC CAFE - 1st Monday of the month - \$12.00



### Caledon Village - Tuesdays

Caledon Village Place - 18313 Hwy 10  
Community Room, 9:30am - 2:30pm  
~ Games 9:30 am - 2:30 pm - \$4.00  
~ Lunch 12:30 pm - \$8.00  
CLASSIC CAFE - 1st Tuesday of the month - \$12.00



### Southfields - Wednesdays

South Asian Social - \$3.00  
Southfields Rec. Centre  
225 Dougall Ave.  
11am - 2pm

### Seniors Exercise Classes with Elizabeth (Liz) Glenday



#### Valleywood - Thursdays

Margaret Dunn Community Room,  
20 Snelcrest Dr.  
**Thursdays 11:00 am - 12:00 pm**  
(followed by refreshments)

#### Inglewood - Fridays

Inglewood Community Centre,  
15825 McLaughlin Road, Inglewood  
**Fridays 11:00 am - 12:00 pm**  
(followed by refreshments)



## SPEAKER SERIES at the Classic Cafe with Donna Call to Reserve



**Caledon East** - 1st Monday of the month from 11:00am - 2:30pm

**MAY 6** - Woodturning with Chris Woodhand & **JUN 3** - Heart to Home Meal Tasting with Deborah Pavao

**Caledon Village** - 1st Tuesday of the month 11:00am - 2:30pm

**MAY 7** - Rock Capital Mortgage & Home Equity Bank & **JUN 4** - Heart to Home Meal Tasting - Deborah Pavao

**Inglewood Community Centre** - 1st Thursday of the month 11:00am - 2:30pm

**MAY 2** - Heart to Home Meal Tasting - Deborah Pavao & **JUN 6** - Turtle Green Refillery - Betty De Groot

**Alton Library, Community Room** - 2nd Wednesday of the month 12:00pm - 3:00pm

**MAY 8** - Heart to Home Meal Tasting - Deborah Pavao & **JUN 12** - Bob Knuckey - World Ironman Champion