



 **Caledon East
NEW South Asian Social**
Starting January 2025 Thursdays
9am-2pm
Games: Cards, Karamboard, Ludo, Activities \$4
Lunch 12pm Delicious Lunch & Chai \$8
PLEASE EMAIL: satelliteprogram@caledonseniors.ca

Caledon East - Mondays

Caledon East Community Complex, Hall A
6215 Old Church Rd - 9:00am - 2:00pm
~ Exercises \$4 ~ 9:30 - 10:30am w Sandy Elich
~ Games 9 am - 2pm - \$4.00 ~ Lunch 12 pm - \$8.00

Caledon East - Exercises Wednesdays

Caledon East Community Complex, Hall A
~Exercises \$4 ~ 9:30 - 10:30am with Sandy Elich
Followed by Refreshments

Caledon East - Zumba Fridays

Caledon East Community Complex, Hall A
Zumba \$4 ~ 11:15 am - 12:15 pm with Soraya



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 pm - \$8.00
Join us every Tuesday for socializing, games and a
delicious home made lunch



Southfields - Wednesdays

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

Seniors Exercise Classes

Valleywood - Thursdays

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

with Elizabeth (Liz) Glenday



Inglewood - Fridays

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

Monthly Classic Cafe with Donna Carson - Inglewood & Alton

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

Thursday, January 2 & Thursday, February 6

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

Wednesday, January 8 & Wednesday, February 12

\$12

Call 905-951-6114 or email office@caledonseniors.ca to reserve your spot