



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

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)



SPEAKER SERIES

at the Classic Cafe with Donna
Call to Reserve



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

MAR 4 - Julia's Place Music Therapy with Julia & **APR 1** - Right at Home Canada with Bianca Woodley

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

MAR 5 - Julia's Place Music Therapy with Julia & **APR 2** - Right at Home Canada with Bianca Woodley

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

MAR 7 - Home Instead with Zachary Rewi & **APR 4** - Julia's Place Music Therapy with Julia

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

MAR 13 - Julia's Place Music Therapy with Julia & **APR 10** - Nutritionist Sue McHardy