

**CALEDON SENIORS CENTRE –SUMMER PROGRAM SCHEDULE 2024**

| ACTIVITY                         | DAY         | ROOM                     | TIME         | START DATE           |
|----------------------------------|-------------|--------------------------|--------------|----------------------|
| EXERCISES with CHERYL            | MONDAY      | NURDEN/ZOOM              | 9:30 AM      | ON GOING             |
| CARPET BOWLING                   | MONDAY      | PATTERSON                | 10:00 AM     | ON GOING             |
| CHAIR YOGA WITH VIRTUAL CLARE    | MONDAY      | NURDEN                   | 10:45 AM     | ON GOING             |
| LUNCH (Sit in or take out)       | MONDAY      | EGAN                     | 12:00 PM     | ON GOING             |
| POOL & DARTS                     | MONDAY      | BOB SMITH                | 1:00 PM      | JULY 8 TO AUG 26     |
| CHAIR VOLLEYBALL                 | MONDAY      | PATTERSON                | 1:00 PM      | JULY 8 TO AUG 26     |
| 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             |
| CARDIO STRENGTH CLASS WITH CLARE | TUESDAY     | BOB SMITH                | 9:30 AM      | CANCELLED FOR SUMMER |
| TAI CHI                          | TUESDAY     | NURDEN                   | 10:00 AM     | ON GOING             |
| LINE DANCING                     | 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             |
| EXERCISES WITH SORAYA            | WEDNESDAY   | VIRTUAL                  | 10:00 AM     | CANCELLED FOR SUMMER |
| TRICKSTER OH HELL                | WED. & FRI. | VIRTUAL                  | 10:30 AM     | ON GOING             |
| BOOK CLUB                        | WEDNESDAY   | BOB SMITH                | 11:00 AM     | July 31 & Aug 28     |
| LUNCH (Sit in or take out)       | WEDNESDAY   | EGAN                     | 12 NOON      | ON GOING             |
| ZUMBA GOLD CLASSES               | WEDNESDAY   | NURDEN                   | 12:30 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                    | 9:00 AM      | ON GOING             |
| MEDITATION WITH ISIS             | THURSDAY    | NURDEN                   | 10:00 AM     | Starting June 6      |
| CHAIR YOGA WITH VIRTUAL 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             |
| CARDBALL                         | FRIDAY      | PATTERSON                | 1:00 PM      | July 5               |
| POOL & DARTS                     | FRIDAY      | BOB SMITH                | 1:00 PM      | ON GOING             |
| EUCHRE                           | FRIDAY      | PATTERSON                | 7:00 PM      | ON GOING             |
| SATURDAY NIGHT SOCIAL            | SATURDAY    | EGAN                     | 6:00 PM      | ON GOING             |
| <b>SATELLITE ACTIVITIES</b>      | <b>DAY</b>  | <b>PLACE</b>             | <b>TIME</b>  | <b>START DATE</b>    |
| 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   | Bonnie Glen Farm Park    | 11:00 – 2:00 | ON GOING             |
| EXERCISES/REFRESHMENTS           | THURSDAY    | MARGARET DUNN VALLEYWOOD | 11:00 – 1:00 | ON GOING             |

Note: Clare’s “live” classes will resume September 10<sup>th</sup>. Recorded Yoga classes will be \$2.00 per class.