

CALEDON SENIORS CENTRE – SUMMER PROGRAM SCHEDULE 2025

ACTIVITY	DAY	ROOM	TIME	START DATE
EXERCISES with CHERYL	MONDAY	NURDEN/ZOOM	9:30 AM	JULY & AUGUST
CARPET BOWLING	MONDAY	PATTERSON	10:00 AM	ON GOING
CHAIR YOGA WITH VIRTUAL CLARE	MONDAY	NURDEN	10:45 AM	JULY & AUGUST
LUNCH (Sit in or take out)	MONDAY	EGAN	12:00 PM	ON GOING
THE SINGERS	MONDAY	NURDEN	1:00 PM	ON GOING
INDOOR SHUFFLEBOARD	MONDAY	PATTERSON	1:00 PM	JULY 7
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 }	9:55 AM	ON GOING
CARDIO STRENGTH CLASS	TUESDAY	BOB SMITH	9:30 AM	CANCELLED JULY & AUG
LINE DANCING	TUESDAY	NURDEN	11:05 AM	ON GOING
PANINI LUNCH – Registration Required	TUESDAY	EGAN	12:00 PM	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
DARTS & POOL	WEDNESDAY	BOB SMITH	10:00 AM	NOT JULY 30 & AUG 27
MOVING WITH MUSIC	WEDNESDAY	NURDEN	10:30 AM	ON GOING
TRICKSTER OH HELL	WED. & FRI.	VIRTUAL	10:30 AM	ON GOING
BOOK CLUB	WEDNESDAY	BOB SMITH	11:00 AM	JULY 30 & AUG 27
LUNCH (Sit in or take out)	WEDNESDAY	EGAN	12 NOON	ON GOING
ZUMBA GOLD WITH SORAYA	WEDNESDAY	NURDEN	12:30 PM	ON GOING
BINGO & PHONE BINGO	WEDNESDAY	BOB SMITH	1:00 PM	ON GOING
BEGINNER CONVERSATIONAL SPANISH	WEDNESDAY	NURDEN	1:45 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	BOB SMITH	9:30 AM	ON GOING
TRICKSTER BID EUCHRE	THURSDAY	VIRTUAL	10:30 AM	ON GOING
CHAIR YOGA WITH VIRTUAL CLARE	THURSDAY	NURDEN	10:45 AM	JULY & AUGUST
LUNCH (Sit-in Only)	THURSDAY	EGAN	12:00 PM	ON GOING
EUCHRE	THURSDAY	PATTERSON	1:00 PM	ON GOING
BEGINNER PICKLEBALL	THURSDAY	MPR 2/NURDEN	1:00 PM	ON GOING
PAINTING CLASSES	THURSDAY	BOB SMITH	1:30 PM	ON GOING
EXERCISES WITH SORAYA	FRIDAY	NURDEN/ZOOM	9:30 AM	ON GOING
1-ON-1 TECH WITH SARA (1 HR)	FRIDAY	EGAN ROOM	10AM –12PM	JUNE 27 to AUGUST 1
CARDBALL	FRIDAY	PATTERSON	10:30 AM	JULY 4
BEGINNER PICKLEBALL	FRIDAY	MPR 2/NURDEN	1:00 PM	ON GOING
DARTS & POOL	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