

CALEDON SENIORS CENTRE – FALL PROGRAM SCHEDULE 2024

ACTIVITY	DAY	ROOM	TIME	START DATE
EXERCISES with CLARE	MONDAY	NURDEN/ZOOM	9:30 AM	ON GOING
CARPET BOWLING	MONDAY	PATTERSON	10:00 AM	ON GOING
CHAIR YOGA WITH CLARE	MONDAY	NURDEN	10:45 AM	ON GOING
LUNCH (Sit in or take out)	MONDAY	EGAN	12:00 PM	ON GOING
THE SINGERS	MONDAY	NURDEN	1:00 PM	STARTING SEPT 9
WOOD CARVING	MONDAY	BOB SMITH	1:00 PM	STARTING SEPT 9
INK DRAWING with OIL ROUGING	MONDAY	EGAN	1 - 3 PM	STARTING SEPT 30
BID EUCHRE	MONDAY	PATTERSON	6:30 PM	ON GOING
PASITO DANCE CLASS	MONDAY	NURDEN	7:00 PM	STARTING SEPT 9
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 WITH CLARE	TUESDAY	BOB SMITH	9:30 AM	STARTING SEPT 17
LINE DANCING WITH HOPE	TUESDAY	NURDEN	11:05 AM	ON GOING
PANINI LUNCH – Registration Required	TUESDAY	EGAN	12:00 PM	STARTING SEPT 10
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	ZOOM	10:00 AM	STARTING SEPT 25
TRICKSTER OH HELL	WED. & FRI.	VIRTUAL	10:30 AM	ON GOING
BOOK CLUB	WEDNESDAY	BOB SMITH	11:00 AM	SEPT 25 & OCT 30
LUNCH (Sit in or take out)	WEDNESDAY	EGAN	12 NOON	ON GOING
ZUMBA GOLD WITH SORAYA	WEDNESDAY	NURDEN	12:30 PM	STARTING SEPT 25
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	ON GOING
CHAIR YOGA WITH CLARE	THURSDAY	NURDEN	11:15 AM	STARTING SEPT 12
LUNCH (Sit-in Only)	THURSDAY	EGAN	12:00 PM	STARTING SEPT 12
EUCHRE	THURSDAY	PATTERSON	1:00 PM	ON GOING
PAINTING CLASSES	THURSDAY	BOB SMITH	1:30 PM	ON GOING
EXERCISES WITH SORAYA	FRIDAY	NURDEN/ZOOM	9:30 AM	STARTING SEPT.20
TECH 1:1 INSTRUCTION	FRIDAY	EGAN	9:00 AM	SEPT 13 TO OCT 18
COMPUTER CLASS	FRIDAY	EGAN	10:15 AM	SEPT 13 TO OCT 18
IPAD/TABLET CLASS	FRIDAY	EGAN	11:15 AM	SEPT 13 TO OCT 18
CHROME BOOK CLASS	FRIDAY	EGAN	1:00 PM	SEPT 13 TO OCT 18
EUCHRE	FRIDAY	PATTERSON	7:00 PM	ON GOING
SATURDAY NIGHT SOCIAL	SATURDAY	EGAN	6:00 PM	ON GOING