The Caledon Seniors Centre is in Your Neighbourhood Join us at our Satelite Locations

Closing for Christmas on December 23rd Re-Open January 4th

MONDAY - Caledon East

Caledon East Community Complex, Hall A 6215 Old Church Rd - 9:30 - 2PM

- Exercise - Low Impact $4 - 9:30 - 10:30am with Sandy
- Games 10:30am - 2pm - $4.00 - Lunch 12 pm - $8.00
- **NEW - SCOPA CORNER - COME TO PLAY CARDS & DRINK ESPRESSO!**

TUESDAY - Caledon Village

Caledon Village Place - 18313 Hwy 10
Community Room, 9:30am - 2:00pm

- Socializing & Games 9:30 am - 2:00 pm - $4.00
- Lunch 12 pm - $8.00

WEDNESDAY - Caledon East - Exercise

Caledon East Community Complex, Hall A

- Exercises $4 Starting at 9:30 - 10:30am with Sandy

Followed by Refreshments

WEDNESDAY - Southfields

Southfields Rec. Centre
225 Dougall Avenue
South Asian Social - $3.00
Exercise, Activities, Music, & Fun!
11:00am - 3pm:
Chai & Snacks included

THURSDAY - Caledon East -South Asian Social

Caledon E. Community Complex, Hall A
10am - 2:00pm Socializing & Games $4.00

- Chai & Snacks - Exercise, Meditation, Music, and Dancing

THURSDAY - Margaret Dunn Library Valleywood

20 Snelcrest Dr, Caledon, ON L7C 1B5 Community Room, 9

- STARTS SEPTEMBER 10TH Exercise 9AM $5.00

THURSDAY - Inglewood Community Centre

15825 McLaughlin Rd, Inglewood, ON L7C 1J4

- STARTS SEPTEMBER 10TH Exercise & Social 11AM $5.00

TO AVOID FOOD WASTE, PLEASE PRE-REGISTER FOR LUNCH AT SATELLITE LOCATIONS. SIGN UP SHEETS ARE AVAILABLE

Monthly Classic Cafe - $12.00

Caledon East, Hall A - November 9th 11:00 am - 12:00 pm - Getting the Most of your Healthcare Appt
December 7th - 11:00am - 12:00pm - Understanding Digestion

Alton Library, Community Room - 2nd Wednesday of the Month 11:30 pm - 4:30 pm

Inglewood Community Centre - 2nd Thursday of the Month 9:30 pm to 3:30 pm
September 10th and October 15th

Caledon Village, Library, Lower Level - November 10th 11:00am - 12:00pm - Getting the Most of your Healthcare Appt
December 8th - 11:00am - 12:00pm - Understanding Digestion

For more information on our Satellite Locations Call: 905-586-6114
or Email : satelliteprogram@caledonseniors.ca
www.caledonseniors.ca

TOWN OF CALEDON
Ontario