

PROGRAM DESCRIPTIONS

Badminton

This is an open drop-in activity for players of all skill level who want to have fun in a non-competitive and friendly environment; participants will organize their own games and share court time. Participants under the age of 10 must be accompanied by an adult.

Basketball

This is an open drop-in activity for players of all skill level who want to have fun in a non-competitive and friendly environment; participants will organize their own games and share court time. Participants under the age of 10 must be accompanied by an adult.

Games and Activities

Join us in the lounge to participate in billiards, shuffle board, cards, bubble hockey, and table games. This open lounge drop-in time is great for socialization, challenging a friend to a game and meeting new people.

Pickleball

Come out and join this active, fun and social sport, suited for those of all abilities. This unique racquet sport combines elements of tennis, badminton, and table tennis. This is an open drop-in activity for players of all skill level who want to have fun in a non-competitive and friendly environment; participants will organize their own games and share court time.

Shinny

CSA-approved hockey helmets and full face masks are strongly recommended for all Shinny participants. Full equipment is strongly recommended.

Shuffleboard

Join us for a fun afternoon as you and others try sending the biscuit on our large indoor court. This is an easy to learn, open drop in activity for players of all skill levels who want to pass a couple of hours in a non- competitive and friendly environment.

CLASSIC CAFE



A drop-in program for Adults 55+

Classic Cafe is in your neighbourhood!

It is a safe place where adults 55+ can enjoy friendly company while taking part in a variety of activities.

Event topics will vary from week to week. Activities may include social events, fitness and wellness workshops, demonstrations from local community organizations, healthy eating and active lifestyle information, card games, crafts, pickle ball and much more.

Program Length: 3 hours

For Classic Café dates and locations, or to register, please Call 905.584.2272 x 7327 or visit Caledon.ca/register

FEES

CLASSIC CAFÉ

Includes activities and light lunch.

Adult 55+.....\$5.00 per visit

GYMNASIUM AND LOUNGE ACTIVITIES

Adult 55+.....\$3.00 per activity

SHINNY

Adult 55+.....\$3.00

FITNESS

Adult 55+.....\$8.15 per class

55+ Activity Drop-in Schedule



Drop-In Adult 55+ Activities Schedule

January 7 – March 8, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CALEDON CENTRE FOR RECREATION & WELLNESS – 14111 REGIONAL ROAD 50 NORTH, BOLTON							
Games and Activities Lounge	9:00 a.m. - 4:00 p.m. <i>Cancelled Feb 19</i>	9:00 a.m. - 4:00 p.m.	9:00 a.m. - 4:00 p.m.	9:00 a.m. - 4:00 p.m.	9:00 a.m. - 4:00 p.m.	9:00 a.m. - 4:00 p.m.	9:00 a.m. - 4:00 p.m.
Badminton Gym	12:30 p.m. - 2:00 p.m. <i>Cancelled Feb 19</i>						
Basketball Gym A		9:00 a.m. - 11:30 a.m.					
Pickleball Gym	9:00 a.m. - 11:30 a.m. <i>Cancelled Feb 19</i>	12:00 p.m. - 2:30 p.m.	9:00 a.m. - 11:30 a.m. 12:00 p.m. - 2:30 p.m.	9:00 a.m. - 11:30 a.m.	12:00 p.m. - 2:30 p.m.		12:00 p.m. - 2:30 p.m.
Shuffleboard Club Level Rm 1/2	1:30 p.m. - 2:00 p.m. <i>Cancelled Feb 19</i>						

- All participants must check in at the Customer Service Desk before being granted admittance to the activity area.
- A wrist band must be worn at all times during drop-in activities.
- There are to be NO SPECTATORS, NO FOOD/DRINKS and ONLY SOFT-SOLED/NON-MARKING SHOES in the Gymnasium. All personal items are to remain in the change rooms during drop-in times. Lockers are available in the change rooms closest to the Gymnasium. Please provide your own lock.

CALEDON EAST COMMUNITY COMPLEX - 6215 OLD CHURCH ROAD, CALEDON EAST

Pickleball Hall A/B	1:00 p.m. – 3:30 p.m.		9:30 a.m. - 12:00 p.m.		12:30 p.m. – 3:00p.m.		
Shinny Adult 55+		9:00 a.m. – 10:20 a.m.		9:00 a.m. - 10:20 a.m.			

CALEDON VILLAGE PLACE - 18313 HURONTARIO STREET, CALEDON

Fit For Life 55+				10:00 a.m. – 11:00 a.m.			
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Note: Facilities will operate on an alternative schedule for Family Day programs.