

HOME ACCESS PROGRAMS FROM THE CALEDON SENIORS' CENTRE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Staying Strong Exercises on Zoom		Staying Strong Exercises on Zoom		Staying Strong Exercises on Zoom
10:00 AM	Carpet Bowling Closed Group on Phone	Speaker Series on Zoom	Speaker Series on Zoom	Carpet Bowling Closed Group on Phone	What happened in the year of... Open Group on Phone
11:00 AM	Trivia with Caledon East on Phone	Word Games with Caledon Village on Phone	Punjabi Bingo on Zoom		Chair Exercises on Zoom
1:00 PM	Family Feud on Phone	Zoom Tutorial on Phone	Bingo on Phone	Word Games on Phone	Zoom Tutorial on Phone
2:00 PM	Meditation Circle Open Group on Phone		Bingo on Phone	Meditation Circle Open Group on Phone	Punjabi Bingo on Zoom

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Ontario 

To call into Phone Program

Dial:
289-401-2935 or
Toll-free 1-855-458-8547

Zoom Programs

Call 905-951-6114 or email us at
programs@caledonseniors.ca
or
csc.satellite2018@gmail.com

and we can send you a link to join
Meeting ID: #712 731 0172

Audio Only

Telephone #:
647-374-4685 or
647-558-0588

You will then be prompted to enter the Meeting ID#: 712 7310 172 then press #

Re-opening of Caledon East and Southfields Satellite locations will happen when we re-enter Phase 3.