

# Callander Community Centre

## Regular Activities – Large Hall 2018

|                  | Monday                                                                                                                          | Tuesday                                                                                                           | Wednesday                                                                                                                                                                                                                                     | Thursday                                                                                                          | Friday                                                                                                              | Saturday | Sunday |
|------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------|--------|
| <b>Morning</b>   | <b>10 - 11</b><br>Low Impact Fitness geared to 50+. New participants welcome.<br><br>Contact: Janis Reed<br>hartwood2@gmail.com | <b>9 - 12</b><br>Pickleball. New participants welcome.<br><br>Contact:<br>Darlene Davis<br>darlenenmark@gmail.com | <b>9:30 - 10:30</b><br>Tai Chi Stretch geared to 50+. Level 2. New participants welcome.<br><br><b>10:30 - 11:30</b><br>Tai Chi Stretch geared to 50+. Beginners. New participants welcome.<br><br>Contact: Janis Reed<br>hartwood2@gmail.com | <b>9 - 12</b><br>Pickleball. New participants welcome.<br><br>Contact:<br>Darlene Davis<br>darlenenmark@gmail.com | <b>9:30 – 11</b><br>Yoga geared to 50+. New participants welcome.<br><br>Contact: Janis Reed<br>hartwood2@gmail.com |          |        |
| <b>Afternoon</b> | <b>1 – 3</b><br>Pickleball for beginners. New participants welcome.<br><br>Contact: Anne Beale<br>(705) 752-4862                |                                                                                                                   |                                                                                                                                                                                                                                               |                                                                                                                   |                                                                                                                     |          |        |
| <b>Evening</b>   | <b>6 – 8</b><br>1st Callander Girl Guides.<br>Contact:<br>keritache@hotmail.com<br>(705) 471-3302.                              | <b>6 – 8</b><br>2nd Callander Girl Guides.<br>Contact:<br>celine_g@hotmail.ca,<br>705-358-0610.                   | <b>7 - 8:30</b><br>Line dancing. New participants welcome.<br>Contact:<br>snooon25@gmail.com                                                                                                                                                  |                                                                                                                   |                                                                                                                     |          |        |

**Please note:** These activities are provided by community volunteers and/or external service providers. First-time participants are welcome to "show up" to learn more.