

Callander Community Centre

Regular Activities – Large Hall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	10 – 11 Low Impact Fitness geared to 50+. New participants welcome. Contact: Janis Reed hartwood2@gmail.com	9 – 12 Pickleball. New participants welcome. Contact: Darlene Davis darlenenmark@gmail.com	9:30 – 10:30 Tai Chi Stretch geared to 50+. Level 2. New participants welcome. 10:30 – 11:30 Tai Chi Stretch geared to 50+. Beginners. New participants welcome. Contact: Janis Reed hartwood2@gmail.com	9 – 12 Pickleball. New participants welcome. Contact: Darlene Davis darlenenmark@gmail.com	9:30 – 11 Yoga geared to 50+. New participants welcome. Contact: Janis Reed hartwood2@gmail.com		
Afternoon	1 – 3 Pickleball for beginners. New participants welcome. Contact: Anne Beale (705) 752-4862	12 - 2 Walking group. New participants welcome. Free. Bring indoor shoes and water. Contact: Barb (705) 825-0166		12 - 2 Walking group. New participants welcome. Free. Bring indoor shoes and water. Contact: Barb (705) 825-0166			
Evening	6 – 8 1st Callander Girl Guides. Contact: keritache@hotmail.com (705) 471-3302.	6 – 8 2nd Callander Girl Guides. Contact: celine_g@hotmail.ca, 705-358-0610.	7 - 8:30 Line dancing. New participants welcome. Contact: snoon25@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.