

Active Days Programming Schedule

September 2026 | Adults 55+



MUNICIPALITY OF
STRATHROY-CARADOC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY'S SCHEDULE BEGINS SEPTEMBER 14.	TUESDAY'S SCHEDULE BEGINS SEPTEMBER 22.	WEDNESDAY'S SCHEDULE BEGINS SEPTEMBER 9.	THURSDAY'S SCHEDULE BEGINS SEPTEMBER 10.	FRIDAY'S SCHEDULE BEGINS SEPTEMBER 11.
Pickleball 9:00-11:00am Longwoods Hall (R)	Active Games - Bocce Ball 9:00-10:00am Longwoods Hall (D)	Pickleball 9:00-11:00am Longwoods Hall (R)	Coffee & Conversation SEPT 24 ONLY 9:00-10:00am Hartford Room (D)	VON Fit 11:00am -12:00pm Longwoods Hall (D)
VON Fit 11:00am -12:00pm Longwoods Hall (D)	Hybrid Yoga 10:00 -11:00am Longwoods Hall (R)	VON Fit 11:00am -12:00pm Longwoods Hall (D)	Floor Curling 10:00am -12:00pm Longwoods Hall (D)	Walking Group 12:00-1:00pm Longwoods Hall (D)
Walking Group 12:00-1:00pm Longwoods Hall (D)	Euchre 1:00-3:00pm Wendigo Room (R)	Walking Group 12:00-1:00pm Longwoods Hall (D)	Pickleball 1:00-3:00pm Longwoods Hall (D)	
	Nature Walks 2:00-3:00pm Outside (D)	Closed on Truth and Reconciliation Day, Wednesday Sept 30, 2026		

Programs vary by price. See online registration for more details. October 2026 programming on the back.

REGISTER ONLINE

www.strathroy-caradoc.ca/active-days



SCAN

Phone: 519-245-1070

Email: recreation@strathroy-caradoc.ca

Location: Caradoc Community Centre. 565 Lion's Park Dr., Mount Brydges, ON N0L 1W0.

(R) Registration required

(D) Drop-in option available