Active Days Programming Schedule

MUNICIPALITY OF STRATHROY-CARADOC

December 2026 | Adults 55+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickleball 9:00-11:00am (D)	**Yoga and Pilates Fusion** 9:00-10:00am (R)	**Pickleball** 9:00-11:00am (D)	**Coffee & Conversation** 9:00-10:00am (D)	**Rise and Grind** 9:00-10:00 am (R)
VON Fit (Only Dec 7 and 14) 11:00am -12:00pm (R)	**Cornhole** 10:00am-12:00pm (D)	**VON Fit (Only Dec 2, 9 and 16)** 11:00am -12:00pm (R)	**Floor Curling** 10:00am -12:00pm (D)	**VON Fit (Only Dec 4, 11 and 18)** 11:00am -12:00pm (R)
Walking Group 12:00-1:00pm (D)	**Travellogue Tuesdays** 1:00pm-2:30pm (D)	**Walking Group** 12:00-1:00pm (D)	**Pickleball** 1:00-3:00pm (D)	**Walking Group** 12:00-1:00pm (D)
Card Making 1:00-3:00pm (D)	**Wreath Making (Only Dec 1)** 6:30pm *at Mt Brydges Legion* (R)	**Craft and Chat** 1:00-3:00pm (D)	**Floor Curling Tournament (Only Dec 17)** 9:00am-12:00pm (D)	**Dec 4 | Dec 11 Holiday Trivia | Festive Social** 1:00-3:00pm (D)
Active Days will be closed from December 24-December 31st, 2026.		**Seniors Jamboree** Saturday, December 12, 2026 1-4 PM		**Cookie Swap (Only Dec 18)** 1:00-3:00pm (D)

REGISTER ONLINE

www.strathroy-caradoc.ca/active-days

SCAN

(R) Registration required

(D) Drop-in option available

Phone: 519-245-1070 **Email**: recreation@strathroy-caradoc.ca

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

Programs vary by price. Go online for more details.