

Active Days Programming Schedule



MUNICIPALITY OF
STRATHROY-CARADOC

November 2026 | Adults 55+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 9:00-10:00am Hartford Room (D)	Bridge 9:00-11:00 am Wendigo Room (D)
VON Fit 11:00am -12:00pm Longwoods Hall (R)	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)	VON Fit 11:00am -12:00pm Longwoods Hall (D)
Walking Group 12:00-1:00pm Longwoods Hall (D)	Soup Group 11:00am-1:00pm Kitchen (R)	Walking Group 12:00-1:00pm Longwoods Hall (D)	Move & Strengthen 12:00-1:00pm Longwoods Hall (R)	Walking Group 12:00-1:00pm Longwoods Hall (D)
Book Club 1:00-3:00pm Wendigo Room (R)	Euchre 1:00-3:00pm Wendigo Room (D)	Craft and Chat 1:00-3:00pm Wendigo Room (R)	Pickleball 1:00-3:00pm Longwoods Hall (D)	Speaker Series - NOV 6 1:00-2:00pm Longwoods Hall (D)
	Nature Walks 2:00-3:00pm Outside (D)	Closed on Wednesday, November 11, 2026.		Board Game Cafe 2:00-3:00pm Wendigo Room (D)

REGISTER ONLINE

www.strathroy-caradoc.ca/active-days



(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.