



Middlesex SMART Class Schedule

City/Town	Location	Mobility	Day and Time				
			MON	TUES	WED	THURS	FRI
Ailsa Craig	Ailsa Craig Community Centre 159 Annie Ada Shipley St	HIGH				9:00-10:00 (HIGH)	
Coldstream	Coldstream Community Centre 10227 Ilderton Rd	HIGH		9:30-10:30 (HIGH)		9:30-10:30 (HIGH)	
Glencoe	Glencoe Arena 138 Mill St	HIGH			9:30-10:30 (HIGH)		9:30-10:30 (HIGH)
Ilderton	Ilderton Community Centre 13168 Ilderton Rd	HIGH	10:30-11:30 (HIGH)		10:30-11:30 (HIGH)		
Lucan	Lucan Legion 136 Market St	HIGH			9:00-10:00 (HIGH) 10:30-11:30 (HIGH)		
Mount Brydges	Caradoc Community Centre 565 Lions Park Dr	HIGH	11:00-12:00 (HIGH)		11:00-12:00 (HIGH)		11:00-12:00 (HIGH)
Delaware	Delaware Community Centre 2652 Gideon Dr	MID	9:00-10:00 (MID)				
Parkhill	Parkhill Community Centre 225 McLeod St	HIGH		9:30-10:30 (HIGH)			
Strathroy	East Christian Reformed Church 476 Metcalfe St E	MID/HIGH		9:30-10:30 (HIGH) 11:00-12:00 (MID)	9:30-10:30 (HIGH)	9:30-10:30 (HIGH)	9:30-10:30 (HIGH)
	Twin Elms 8 Lindsay Dr	MID/HIGH		1:30-2:30 (HIGH)	9:00-10:00 (HIGH) 10:30-11:30 (MID)		
	Trillium 400 Dominion St	LOW/MID	9:00-10:00 (MID) 10:30-11:30 (LOW)			11:00-12:00 (LOW)	
Komoka	Oriole Park 22790 Amiens Rd	MID			9:30-10:30 (MID)		
	Komoka Community Centre 133 Queen St	MID	9:00-10:00 (MID)				
Dorchester	Dorchester Community Centre 2066 Dorchester Rd	HIGH	9:00-9:50 (HIGH)		9:00-9:50 (HIGH)		9:00-9:50 (HIGH)
Thorndale	Thorndale Community Centre 265 Queen St	MID		10:00-11:00 (MID)		10:00-11:00 (MID)	



Specialty Classes							
Strathroy	East Christian Reformed Church 476 Metcalfe St E	PARKINSON'S				11:00-12:00	
	VON Office 274 Head St N	STROKE & PARKINSON'S	11:00-11:40	← 2 nd Monday of each month			

Virtual Classes (Via Zoom)						
Zoom Classes	HIGH/MID	1:30-2:30 (HIGH)	9:00-10:00 (MID)	1:30-2:30 (MID)	9:00-10:00 (HIGH)	
			10:30-11:30 (HIGH)		10:30-11:30 (MID)	

Schedule subject to change. Please call the VON Office at **519-659-2273 ext 22285** or email mevonsmart@von.ca for more information and to register for classes.

Pre-registration is required

For an updated list of class cancellations, reach out to our call in line at 519-659-2273 Ext 22725

To stay up to date with our SMART schedule, please visit the VON Middlesex-Elgin Facebook page.

<https://www.facebook.com/VictorianOrderofNursesME>

