A logo for a health and wellness center

Description automatically generatedA logo for a health and wellness center

Description automatically generated

**Lunch & Learn**

**Tuesday, July 15, 2025**

**HOLIDAYS 2025/26 TRIPS**

A mountain range with clouds in the sky

Description automatically generated**A large red rock with the sun shining with Uluru in the background

Description automatically generated**A wall with trees on the side

Description automatically generated



A yellow circle with black text and a leaf

Description automatically generated

**12-Day China Chengdu/Chongqing/Yangtze River Cruise**

**11-day Tibet with Mt. Everest *$2450 p/p*** Land only

**12-day Harbin Ice Festival and Zhangjiajie *$2550 p/p*** Land only

**12-day Slovenia/Croatia/Bosnia *$4998 p/p*** Air & Land included

**12-day Hungary/Austria/Germany *$4998 p/p*** Air & Land included

**12-day Vietnam Cambodia Thailand *$2950 p/p*** Land only

**20-day South Pacific (Australia/New Zealand) *$10800 p/p***

**10-day Japan Tour *$5600 p/p*** Land only

**12-day Antarctica Cruise from *$11698 p/p*** Air & Land included

**Special trip: Tailored trip for urgent medical treatment**

**in China (Quick, Efficient, Affordable)**

***And more….***



A yellow circle with black text and a leaf

Description automatically generatedA yellow circle with black text and a leaf

Description automatically generated

**Caledon Seniors Centre**

**Tel: 905-951-6114**

Address: 7 Rotarian Way

Bolton, On

***Chinese Dumpling-making demo***

***Please call to reserve your seat!***