

Monday, May 1, 2023

The Mother of All Silent Auctions

Date and Time: Monday, May 1 8:00 am - 11:55 pm

Address: C2-5659 McAdam Rd

At Vita Centre, we serve over 130 families every year. These families are vulnerable due to living at or below the poverty line, being single parent households, being newcomers to Canada or any combination of lived experiences that leads to isolation.

This Mother's Day, you can help us in our mission to helping vulnerable families move forward and thrive by bidding in the Mother of All Silent Auctions! Whether you're bidding on something for yourself, or as a present for your own mother - we have items that are fit for everyone!

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, May 1 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm until Monday, June 26, 2023

Caledon East Community Complex, Lions Den Room – Every Thursday from 9:00 am – 3:00pm from July 6 to August 31, 2023

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm from September 11, 2023 to August 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$9.00.

Program is moving back to Mondays @ the Lions Den starting in 2023.

PUCK - Nordic Walking

Date and Time: Monday, May 1 10:00 am - 12:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

Would you like to put more spring into your step and burn more calories in your walking style? Come and join us for a Nordic Pole walking around Palgrave or on our Caledon Trailway. This style of walking provides many health benefits and adds strength to your core, back and shoulders, aids posture and balance, and gives you more energy. Walking speeds are monitored to suit the individual, and poles and complete instruction will be provided. It's a great social event to meet friends and make new ones! Please bring a water bottle with you, preferably one that you can wear around your waist, a hat if sunny and comfortable walking shoes. Weather permitting.

CMOW - Senior's Social and Wellness Program - Mono Mills

Date and Time: Monday, May 1 1:00 pm - 3:00 pm

Address: 35 Victoria Crescent, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Victoria Park Community Centre in Mono Mills, 35 Victoria Crescent, Caledon

1pm to 3pm

Everyone 55+ is Welcome

For more information please contact Caledon Meals on Wheels at 905-857-7651 or email at info@cmow.org

PUCK - Gentle Chair Yoga

Date and Time: Monday, May 1 2:00 pm - 4:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

If you are new to yoga, a seasoned regular in classes, or felt inhibited by joining a class due to physical limitations, Chair Yoga is meant for you! You will stretch every muscle in your body and awaken those dormant muscles, feel rejuvenated and so relaxed after each class. The chair will be used for seated as well as standing postures, yet you have the choice to remain seated. All levels welcome! Led by a certified professional Yoga instructor, there will be straps and blocks available to borrow if needed for supporting postures. At the end of each class you will be rewarded with a serene relaxation "savasana" – breath and visualization.

Please make sure to wear comfortable stretchy clothing and if not comfortable bare-foot, light weight shoes. Bring your water bottle with you as well.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

Tuesday, May 2, 2023

The Mother of All Silent Auctions

Date and Time: Tuesday, May 2 12:00 am - 11:55 pm

Address: C2-5659 McAdam Rd

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Caledon Seniors Centre - Weekly Satellite Program - Caledon Village

Date and Time: Tuesday, May 2 9:00 am - 3:00 pm

Address: 18313 Hurontario St, Caledon Village, ON L7K 0X7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, May 2 10:00 am - 12:00 pm

Address: 20 Snelcrest Drive, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Margaret Dunn Library, Valleywood, 20 Snelcrest Drive, Caledon.
10am-12noon

Program open to anyone 55+

****Please note that the program is cancelled the 2nd week of the month due to a monthly Euchre Party - Residents are welcome to register to participate in the euchre party from 12noon to 3pm****

OCO Webinar: Caregiver Mental Health: How to Reduce Anxiety for Better Living (Free)

Date and Time: Tuesday, May 2 12:00 pm - 1:00 pm

Address: 6311 Old Church Rd.

May 2, 2023
12:00 pm - 1:00 pm

Webinar Description

The caregiving role can bring forth many different feelings and emotions, and anxiety is one which can be problematic for those managing care. In observance of Mental Health Week this May, we welcome back Dr. Patrick McGrath to talk about:

- Anxiety in caregivers
- How to notice and address it
- Practical and unique tips to support your mental health

Our Speaker

Dr. Patrick McGrath is a clinical psychologist and Emeritus Professor of Psychiatry at Dalhousie University and a scientist at the IWK Health Centre where his research is based. He is an Adjunct Professor of Psychiatry at the University of Ottawa and founder and president of 90Second Health Letters. He frequently treats caregivers with anxiety in his private practice.

Register for a chance to win an OCO water bottle! Learn more at Eventbrite.

<https://www.eventbrite.ca/e/caregiver-mental-health-how-to-reduce-anxiety-for-better-living-tickets-533899185837>

Wednesday, May 3, 2023

The Mother of All Silent Auctions

Date and Time: Wednesday, May 3 12:00 am - 11:55 pm

Address: C2-5659 McAdam Rd

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CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church

Date and Time: Wednesday, May 3 10:00 am - 12:00 pm

Address: 14520 Creditview Road

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Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Cheltenham Baptist Church, 14520 Creditview Road, Cheltenham.

10am-12noon

Programs open to all 55+

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 3 11:00 am - 3:00 pm

Address: 225 Dougall Ave, Caledon, ON L7C 3M7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm until Wednesday, June 28, 2023

South Asian Social – Outdoor gathering (still trying to determine which park we will be gathering in) from July 5 to August 30, 2023

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm from September 6, 2023 to June 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, May 3 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

Brampton Lawn Bowling Club Open House and Free Trial for All Adults

Date and Time: Wednesday, May 3 7:00 pm - 9:30 pm

Address: 8910 McLaughlin Road South, Brampton (in Flower City Community Campus at SW corner of McLaughlin Road and Queen Street West)

Give Lawn Bowls a Try ! Open House and Free Trial. All Adults Welcome. Curling on Grass ! Fun, social at

mosphere. Low Cost Membership May to September. Instruction Provided. Low impact exercise to keep fit outdoors.

Thursday, May 4, 2023

The Mother of All Silent Auctions

Date and Time: Thursday, May 4 12:00 am - 11:55 pm

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Caledon Seniors Centre - Classic Cafe - Inglewood

Date and Time: Thursday, May 4 10:00 am - 2:30 pm

Address: 15825 McLaughlin Rd, Inglewood, ON L7C 1H4

Looking for something to do?

Join the Caledon Seniors Centre's Classic Café programs once a month at one of the locations near you.

For more information, guest speakers and costs please contact 905-951-6114 or 905-586-6114 cell phone.

Email: satelliteprogram@caledonseniors.ca

Inglewood program runs September to June.

CPL: May the Fourth Be With You!

Date and Time: Thursday, May 4 6:00 pm - 7:30 pm

Address: Caledon Public Library - Albion Bolton Branch, 150 Queen St S, Bolton, ON L7E 1E3

Drop in and find your Star Wars name, visit a planet far, far away, do a scavenger hunt, and lots more! Costumes encouraged! The Force is strong with this one! While supplies last!

Intergenerational Storytelling: A Writing & Story Sharing Workshop (18+)

Date and Time: Thursday, May 4 7:00 pm - 8:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

The power of storytelling is understood across generations. This interactive workshop will introduce the practice of reflective writing and give participants an opportunity to take part in communal storytelling.

After writing a brief story, participants will have the opportunity to share with others from a different generation. We will reflect on how it feels to write out our stories and share them with others and explore any learnings that come up.

This workshop is offered in collaboration with Brampton Library, the Peel Art Gallery, Museum and Archives (PAMA), and local multidisciplinary artist, Jeyolyn Christi.

Free. Space is limited and registration is required. This program is for ages 18+.

Friday, May 5, 2023

The Mother of All Silent Auctions

Date and Time: Friday, May 5 12:00 am - 11:55 pm

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CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, May 5 9:30 am - 11:30 am

Address: 34 Pine Ave. Palgrave L7E 0L9

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living.

Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Palgrave United Church, 34 Pine Ave, Palgrave
9:30am-11:30am

Everyone 55+ is welcome.

Date and Time: Friday, May 5 10:30 am - 4:00 pm

Address: 6025 Old Church Road Caledon East, ON L7C 1H8

Every Friday, Caledon Seniors' Council will host a "Drop-In for Seniors" at St. James Church in Caledon East. Friendly chats, card games (Euchre & Bridge), and guest speakers on various topics of interest for older residents.

The Lunch program is available for those interested in participating.

All are welcome, call Alex @ 905-584-0591 for more information.

Terra Cotta Community Centre - Euchre

Date and Time: Friday, May 5 1:00 pm - 4:00 pm

Address: 18 High St, Terra Cotta, ON L7C 1P2

Every 1st & 3rd Friday's of each month the Terra Cotta Community Centre offers Euchre.

Start time 1pm - 4pm with \$5 entrance fee. Cash prizes, 50/50 tickets.

Mystery prizes available dependent on attendance.

Cheryl & John

289 344 0033

PUCK - Gentle Chair Yoga

Date and Time: Friday, May 5 2:00 pm - 4:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

If you are new to yoga, a seasoned regular in classes, or felt inhibited by joining a class due to physical limitations, Chair Yoga is meant for you! You will stretch every muscle in your body and awaken those dormant muscles, feel rejuvenated and so relaxed after each class. The chair will be used for seated as well as standing postures, yet you have the choice to remain seated. All levels welcome! Led by a certified professional Yoga instructor, there will be straps and blocks available to borrow if needed for supporting postures. At the end of each class you will be rewarded with a serene relaxation "savasana" – breath and visualization.

Please make sure to wear comfortable stretchy clothing and if not comfortable bare-foot, light weight shoes. Bring your water bottle with you as well.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

Spreading it Around - The Hilarious Comedy

Date and Time: Friday, May 5 8:15 pm - 10:15 pm

Address: 18365 Hurontario Street, Caledon Village, Caledon, Ontario, Canada

The Caledon Townhall Players presents "Spreading it Around."

Angela is a wealthy widow who lives in an upscale retirement community in Florida. With her Nrihbow Martin she decides to start a foundation with her own money, but her greedy son and daughter-in-law have different ideas.

Come see the play written by Londos D'Arrigo, writer for Lily Tomlin and Phillis Diller.

Saturday, May 6, 2023

The Mother of All Silent Auctions

Date and Time: Saturday, May 6 12:00 am - 11:55 pm

Address: C2-5659 McAdam Rd

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Date and Time: Saturday, May 6 1:00 pm - 4:00 pm

Address: 8910 McLaughlin Road South, Brampton (in Flower City Community Campus at SW corner of McLaughlin Road and Queen Street West)

Give Lawn Bowls a Try ! Open House and Free Trial. All Adults Welcome. Curling on Grass ! Fun, social atmosphere. Low Cost Membership May to September. Instruction Provided. Low impact exercise to keep fit outdoors.

DIY Family Studio Time

Date and Time: Saturday, May 6 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

Children must be accompanied by an adult.

This drop-in is included with general admission.

Spreading it Around - The Hilarious Comedy

Date and Time: Saturday, May 6 2:15 pm - 4:15 pm

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Sunday, May 7, 2023

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Date and Time: Sunday, May 7 12:00 am - 11:55 pm

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DIY Family Studio Time

Date and Time: Sunday, May 7 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

Children must be accompanied by an adult.

Monday, May 8, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, May 8 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm until Monday, June 26, 2023

Caledon East Community Complex, Lions Den Room – Every Thursday from 9:00 am – 3:00pm from July 6 to August 31, 2023

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm from September 11, 2023 to August 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$9.00.

Program is moving back to Mondays @ the Lions Den starting in 2023.

PUCK - Nordic Walking

Date and Time: Monday, May 8 10:00 am - 12:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

Would you like to put more spring into your step and burn more calories in your walking style? Come and join us for a Nordic Pole walking around Palgrave or on our Caledon Trailway. This style of walking provides many health benefits and adds strength to your core, back and shoulders, aids posture and balance, and gives you more energy. Walking speeds are monitored to suit the individual, and poles and complete instruction will be provided. It's a great social event to meet friends and make new ones! Please bring a water bottle with you, preferably one that you can wear around your waist, a hat if sunny and comfortable walking shoes. Weather permitting.

CMOW - Senior's Social and Wellness Program - Mono Mills

Date and Time: Monday, May 8 1:00 pm - 3:00 pm

Address: 35 Victoria Crescent, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group

up or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Victoria Park Community Centre in Mono Mills, 35 Victoria Crescent, Caledon

1pm to 3pm

Everyone 55+ is Welcome

For more information please contact Caledon Meals on Wheels at 905-857-7651 or email at info@cmow.org

PUCK - Gentle Chair Yoga

Date and Time: Monday, May 8 2:00 pm - 4:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

If you are new to yoga, a seasoned regular in classes, or felt inhibited by joining a class due to physical limitations, Chair Yoga is meant for you! You will stretch every muscle in your body and awaken those dormant muscles, feel rejuvenated and so relaxed after each class. The chair will be used for seated as well as standing postures, yet you have the choice to remain seated. All levels welcome! Led by a certified professional Yoga instructor, there will be straps and blocks available to borrow if needed for supporting postures. At the end of each class you will be rewarded with a serene relaxation “savasana” – breath and visualization.

Please make sure to wear comfortable stretchy clothing and if not comfortable bare-foot, light weight shoes. Bring your water bottle with you as well.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

Tuesday, May 9, 2023

CMOW - Valleywood Euchre Card Party

Date and Time: Tuesday, May 9 12:00 pm - 3:00 pm

Address: 20 Snelcrest Drive, Caledon

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Monthly Euchre Card party at the Margaret Dunn Library, Valleywood, 20 Snelcrest Drive, Caledon.

Every second Tuesday from 12noon - 3pm

Program open to anyone 55+ - Registration Required

For more information and to register call Caledon Meals on Wheels at 905-857-7651 or email at info@cmow.org

Wednesday, May 10, 2023

CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church

Date and Time: Wednesday, May 10 10:00 am - 12:00 pm

Address: 14520 Creditview Road

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Date and Time: Wednesday, May 10 11:00 am - 3:00 pm

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Date and Time: Wednesday, May 10 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

CPL: Family Spring Bingo!

Date and Time: Wednesday, May 10 7:00 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

Try your luck at our spring animals-themed bingo! Join us virtually on Zoom for live BINGO and try to win a prize! Zoom link will be emailed to participants via a confirmation email at time of registration.

[Register today.](#)

Thursday, May 11, 2023

OCO Webinar: Power of Attorney Information Session for Caregivers (Free)

Date and Time: Thursday, May 11 1:00 pm - 2:30 pm

Address: 6311 Old Church Rd.

May 11, 2023

1:00 pm - 2:30 pm

Learn about the who's, what's, and how to's of power of attorney. This session is presented in collaboration with the Advocacy Centre for the Elderly and will be Facilitated by Graham Webb, Lawyer and Executive Director from the Advocacy Centre for the Elderly.

<https://www.eventbrite.ca/e/power-of-attorney-information-session-for-caregivers-tickets-490737899267>

CPL: Teen Café: Teen Trivia Night!

Date and Time: Thursday, May 11 6:00 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

Join us virtually from home on Zoom, for some fun, fast-paced trivia using kahoot! Questions will cover a variety of topics including everything from pop-culture, sports, music, and anything in between! Prizes will be awarded to 1st, 2nd, and 3rd place winners. Participants will need a cellphone or tablet with them to participate.

[Register today.](#)

Beautiful Native Plants and Art Workshop with Brampton Library and TRCA

Date and Time: Thursday, May 11 6:30 pm - 8:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Join Toronto and Region Conservation Authority (TRCA), Peel Art Gallery, Museum and Archives (PAMA) and Brampton Library for this unique plant and art workshop, just in time for Mother's Day!

Using Brampton Library resources and through the help of a TRCA representative, learn about Native plants. Then, for the second half of the session, a PAMA Educator will facilitate a paint workshop where participants will

I be decorating pots to take home.

All attending registrants will receive a complimentary plant to go along with their painted pot. A wonderful gift or keepsake.

Free. Space is limited and registration is required. All ages welcome, guardians must accompany children.

CALEDON GARDEN CLUB MEETING: TURTLE ISLAND & ROYAL BOTANICAL GARDENS, HAMILTON

Date and Time: Thursday, May 11 7:30 pm - 9:00 pm

Address: Cheltenham Community Room, Cheltenham Firehall, 14190 Creditview Road (side entrance of the firehall)

Mark Zelinski trained as an artist and designer. His diverse career as a professional photographer has taken him across 80 countries, with clients ranging from The National Film Board of Canada to Panasonic. He is also a publisher, writer, painter, filmmaker. Best known for his *Books That Heal* initiative.

Friday, May 12, 2023

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, May 12 9:30 am - 11:30 am

Address: 34 Pine Ave. Palgrave L7E 0L9

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9:30am-11:30am

Everyone 55+ is welcome.

Caledon Seniors' Council

Date and Time: Friday, May 12 10:30 am - 4:00 pm

Address: 6025 Old Church Road Caledon East, ON L7C 1H8

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Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

Spreading it Around - The Hilarious Comedy

Date and Time: Friday, May 12 8:15 pm - 10:15 pm

Address: 18365 Hurontario Street, Caledon Village, Caledon, Ontario, Canada

The Caledon Townhall Players presents "Spreading it Around."

Angela is a wealthy widow who lives in an upscale retirement community in Florida. With her Nrihbow Martin she decides to start a foundation with her own money, but her greedy son and daughter-in-law have different ideas.

Come see the play written by Londos D'Arrigo, writer for Lily Tomlin and Phillis Diller.

Saturday, May 13, 2023

Mother's Day Tea

Date and Time: Saturday, May 13 12:30 pm - 2:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Celebrate an early Mother's Day in our historic spaces with tea, fingers sandwiches and sweets from Totally Tea. Tea will be paired with a botanical art workshop.

Your registration includes: tea, elegant tea sandwiches, homemade scones with Devon cream blend & strawberry preserves, mini desserts and an art workshop.

Public: \$45 (includes general admission), Members: \$40.

Registration is required. Ages 10 and up.

DIY Family Studio Time

Date and Time: Saturday, May 13 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

Children must be accompanied by an adult.

This drop-in is included with general admission.

Spreading it Around - The Hilarious Comedy

Date and Time: Saturday, May 13 2:15 pm - 4:15 pm

Address: 18365 Hurontario Street, Caledon Village, Caledon, Ontario, Canada

The Caledon Townhall Players present "Spreading it Around."

Angela is a wealthy widow who lives in an upscale retirement community in Florida. With her Nrihbow Marti n she decides to start a foundation with her own money, but her greedy son and daughter-in-law have different i deas.

Come see the play written by Londos D'Arrigo, writer for Lily Tomlin and Phillis Diller.

Spreading it Around - The Hilarious Comedy

Date and Time: Saturday, May 13 8:15 pm - 10:15 pm

Address: 18365 Hurontario Street, Caledon Village, Caledon, Ontario, Canada

The Caledon Townhall Players present "Spreading it Around."

Angela is a wealthy widow who lives in an upscale retirement community in Florida. With her Nrihbow Marti n she decides to start a foundation with her own money, but her greedy son and daughter-in-law have different i deas.

Come see the play written by Londos D'Arrigo, writer for Lily Tomlin and Phillis Diller.

Sunday, May 14, 2023

DIY Family Studio Time

Date and Time: Sunday, May 14 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

This drop-in is included with general admission.

Monday, May 15, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, May 15 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm until Monday, June 26, 2023

Caledon East Community Complex, Lions Den Room – Every Thursday from 9:00 am – 3:00pm from July 6 to August 31, 2023

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm from September 11, 2023 to August 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$9.00.

Program is moving back to Mondays @ the Lions Den starting in 2023.

PUCK - Nordic Walking

Date and Time: Monday, May 15 10:00 am - 12:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

Would you like to put more spring into your step and burn more calories in your walking style? Come and join us for a Nordic Pole walking around Palgrave or on our Caledon Trailway. This style of walking provides many health benefits and adds strength to your core, back and shoulders, aids posture and balance, and gives you more energy. Walking speeds are monitored to suit the individual, and poles and complete instruction will be provided. It's a great social event to meet friends and make new ones! Please bring a water bottle with you, preferable one that you can wear around your waist, a hat if sunny and comfortable walking shoes. Weather permitting.

CMOW - Senior's Social and Wellness Program - Mono Mills

Date and Time: Monday, May 15 1:00 pm - 3:00 pm

Address: 35 Victoria Crescent, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Victoria Park Community Centre in Mono Mills, 35 Victoria Crescent, Caledon

1pm to 3pm

Everyone 55+ is Welcome

For more information please contact Caledon Meals on Wheels at 905-857-7651 or email at info@cmow.org

PUCK - Gentle Chair Yoga

Date and Time: Monday, May 15 2:00 pm - 4:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

If you are new to yoga, a seasoned regular in classes, or felt inhibited by joining a class due to physical limitations, Chair Yoga is meant for you! You will stretch every muscle in your body and awaken those dormant muscles, feel rejuvenated and so relaxed after each class. The chair will be used for seated as well as standing postures, yet you have the choice to remain seated. All levels welcome! Led by a certified professional Yoga instructor, there will be straps and blocks available to borrow if needed for supporting postures. At the end of each class you will be rewarded with a serene relaxation "savasana" – breath and visualization.

Please make sure to wear comfortable stretchy clothing and if not comfortable bare-foot, light weight shoes. Bring your water bottle with you as well.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

Tuesday, May 16, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon Village

Date and Time: Tuesday, May 16 9:00 am - 3:00 pm

Address: 18313 Hurontario St, Caledon Village, ON L7K 0X7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, May 16 10:00 am - 12:00 pm

Address: 20 Snelcrest Drive, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Margaret Dunn Library, Valleywood, 20 Snelcrest Drive, Caledon.

10am-12noon

Program open to anyone 55+

****Please note that the program is cancelled the 2nd week of the month due to a monthly Euchre Party - Residents are welcome to register to participate in the euchre party from 12noon to 3pm****

EAPON - Supporting Vulnerable Victims and Witnesses (Free Webinar)

Date and Time: Tuesday, May 16 1:00 pm - 2:00 pm

Address: 6311 Old Church Rd.

The Canadian Centre for Elder Law (CCEL) has been working on a research project to develop a policy framework for working with victims of crime and witnesses who have capability issues.

Strong policies are necessary to support Crown Counsel in prosecuting cases involving elder abuse- but also to support victims of such crimes. It is important that policies also inform police, court and victim service workers in dealing with this population to achieve consistent response and inter-agency cooperation and collaboration when prosecuting a criminal offence involving an adult with capability issues.

Presenter, **Megan Vis-Dunbar, CCEL Staff lawyer** who is leading this project, will introduce key information from CCEL's upcoming report, including:

- Comparative research on Crown prosecution policies related to elder abuse, dementia, and adults with capability issues;
- Recommendations to support BC and federal Crown in developing policies to support best practices in BC.

While this project focuses on Crown Counsel in British Columbia, some of the concepts explored in this webinar will be of interest to residents from other parts of Canada, particularly if they are victim service workers, court staff or police.

Hosted by Elder Abuse Prevention Ontario in partnership with the Canadian Network for the Prevention of Elder Abuse and the Canadian Centre for Elder Law.

More details forthcoming.

Register Now: <https://eapon.ca/webinar/VictimWitnessSupport>

Public Information Centre #1: Active Transportation Master Plan

Date and Time: Tuesday, May 16 5:00 pm - 8:00 pm

Address: 6215 Old Church Road

You are invited to help develop a Plan for Active Transportation

Active transportation means using your own power to get from one place to another i.e. walking or cycling. The Town of Caledon is developing an Active Transportation Master Plan (ATMP) to encourage residents and visitors to walk, bike, hike and become more active as they live, work and play within the community. We're looking for your feedback on how to improve active transportation options in Caledon. This plan will aim to:

- Assess the current cycling and trails network.
- Build on cycling and trail networks by addressing any gaps.
- Balance needs with environmental impacts and costs.
- Develop an accessible trail network for people of all ages and abilities to use the trails to reach destinations throughout Caledon.
- Address barriers to active travel.
- Increase cycling and trail use for all trip purposes.
- Develop policies and initiatives to create a bicycle and trail-friendly community.

This study is following the Municipal Class Environmental Assessment (MCEA) process for Master Plans set out by the Municipal Engineers' Association.

Public Information Centre 1 (Public Meeting)

The ATMP's first Public Meeting is being held using a hybrid format (in-person and virtual) on May 16, 2023 at Caledon East at Community Complex. The Town will inform and engage the public on the Study by posting information on the Town's website, then hosting the meeting at Caledon East Community Complex. The project team will present what is in place now as well as opportunities to improve active transportation in Caledon.

Join Us

Learn more about the study and share your ideas on our active transportation options.

Step 1: Visit the project webpage haveyoursaycaledon.ca/atmp

Step 2: View the public meeting material and complete the comment form provided on the website from May 16 to May 31.

Or:

Come to Caledon East Community Complex, located at 6215 Old Church Rd on May 16 from 5 to 8 PM.

If you are unable to participate online, or attend a meeting, please contact any member of the project team mentioned below to provide your input. The Town is committed to ensure that all services, programs and facilities are inclusive and accessible for persons of all abilities. Please contact the Town's Project Manager if you have any accommodation needs to participate in this Study.

For more information, please contact the study team:

Town's Project Manager

Sabrina Davidson

sabrina.davidson@caledon.ca

Consultant's Project Manager

Kate Whitfield

KateWhitfield@Altago.com

Wednesday, May 17, 2023

CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church

Date and Time: Wednesday, May 17 10:00 am - 12:00 pm

Address: 14520 Creditview Road

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living.

Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Cheltenham Baptist Church, 14520 Creditview Road, Cheltenham.
10am-12noon

Programs open to all 55+

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 17 11:00 am - 3:00 pm

Address: 225 Dougall Ave, Caledon, ON L7C 3M7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm until Wednesday, June 28, 2023

South Asian Social – Outdoor gathering (still trying to determine which park we will be gathering in) from July 5 to August 30, 2023

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm from September 6, 2023 to June 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, May 17 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

CPL: Dear Journal: Using a Written Dialogue to Cope During Stressful Times

Date and Time: Wednesday, May 17 7:00 pm

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

When overwhelmed by stress, journaling can be an effective way to channel strong feelings into healthy and productive internal fuel. Writing down your thoughts and feelings can help you understand them more clearly, and may also help you gain control of your emotions, and improve your overall mental health and wellbeing.

Join us to learn more about the benefits of journaling for stress management, as well as how to implement journaling into your routine. Participants will be given the tools needed to get started, and will have the opportunity to try journaling during the workshop.

Join us either in-person at the Southfields Village Branch or virtually on Zoom for this program. This program will not be recorded for future viewing. Please note there is a limit of 10 in-person seats available for this program but unlimited virtual seats.

[Register today.](#)

Friday, May 19, 2023

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, May 19 9:30 am - 11:30 am

Address: 34 Pine Ave. Palgrave L7E 0L9

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living.

Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Palgrave United Church, 34 Pine Ave, Palgrave
9:30am-11:30am

Everyone 55+ is welcome.

Caledon Seniors' Council

Date and Time: Friday, May 19 10:30 am - 4:00 pm

Address: 6025 Old Church Road Caledon East, ON L7C 1H8

Every Friday, Caledon Seniors' Council will host a "Drop-In for Seniors" at St. James Church in Caledon East. Friendly chats, card games (Euchre & Bridge), and guest speakers on various topics of interest for older residents.

The Lunch program is available for those interested in participating.

All are welcome, call Alex @ 905-584-0591 for more information.

Terra Cotta Community Centre - Euchre

Date and Time: Friday, May 19 1:00 pm - 4:00 pm

Address: 18 High St, Terra Cotta, ON L7C 1P2

Every 1st & 3rd Friday's of each month the Terra Cotta Community Centre offers Euchre.

Start time 1pm - 4pm with \$5 entrance fee. Cash prizes, 50/50 tickets.

Mystery prizes available dependent on attendance.

Cheryl & John

289 344 0033

CPL: Afternoon Film Club

Date and Time: Friday, May 19 2:00 pm

Address: Caledon Public Library - Albion Bolton Branch, 150 Queen St S, Bolton, ON L7E 1E3

Join us for a fun afternoon of film and discussion with screenings of titles from our Kanopy Collection. Whether you consider yourself an amateur film critic or are someone who just enjoys watching movies, you are welcome to join our Afternoon Film Club. Come watch and discuss a variety of thought-provoking films from around the world. Popcorn will be provided.

This month we will be screening "The Storied Life of A.J. Fikry". A.J. Fikry's life is not turning out as he expected and hits emotional and financial rock bottom. He lives alone, his bookstore is in a sales slump, and his most valuable possession, a book of poems, has been stolen. But when a mysterious package appears, he soon discovers he has a second chance at life, and love.

Please note films may contain mature subject matters and are intended for an older audience.

PUCK - Gentle Chair Yoga

Date and Time: Friday, May 19 2:00 pm - 4:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

If you are new to yoga, a seasoned regular in classes, or felt inhibited by joining a class due to physical limitations, Chair Yoga is meant for you! You will stretch every muscle in your body and awaken those dormant muscles, feel rejuvenated and so relaxed after each class. The chair will be used for seated as well as standing postures, yet you have the choice to remain seated. All levels welcome! Led by a certified professional Yoga instructor, there will be straps and blocks available to borrow if needed for supporting postures. At the end of each class you will be rewarded with a serene relaxation “savasana” – breath and visualization.

Please make sure to wear comfortable stretchy clothing and if not comfortable bare-foot, light weight shoes. Bring your water bottle with you as well.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

Saturday, May 20, 2023

DIY Family Studio Time

Date and Time: Saturday, May 20 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

Children must be accompanied by an adult.

This drop-in is included with general admission.

Sunday, May 21, 2023

DIY Family Studio Time

Date and Time: Sunday, May 21 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

Children must be accompanied by an adult.

This drop-in is included with general admission.

Tuesday, May 23, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon Village

Date and Time: Tuesday, May 23 9:00 am - 3:00 pm

Address: 18313 Hurontario St, Caledon Village, ON L7K 0X7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, May 23 10:00 am - 12:00 pm

Address: 20 Snelcrest Drive, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Margaret Dunn Library, Valleywood, 20 Snelcrest Drive, Caledon.
10am-12noon

Program open to anyone 55+

****Please note that the program is cancelled the 2nd week of the month due to a monthly Euchre Party - Residents are welcome to register to participate in the euchre party from 12noon to 3pm****

Wednesday, May 24, 2023

CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church

Date and Time: Wednesday, May 24 10:00 am - 12:00 pm

Address: 14520 Creditview Road

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living.

Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Cheltenham Baptist Church, 14520 Creditview Road, Cheltenham.
10am-12noon

Programs open to all 55+

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 24 11:00 am - 3:00 pm

Address: 225 Dougall Ave, Caledon, ON L7C 3M7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm until Wednesday, June 28, 2023

South Asian Social – Outdoor gathering (still trying to determine which park we will be gathering in) from July 5 to August 30, 2023

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm from September 6, 2023 to June 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, May 24 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

CPL: Elizabeth Scavetta Teen Writing Workshop and Lecture Series Presents: Author Tanya Boteju!

Date and Time: Wednesday, May 24 6:00 pm - 7:15 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

Join author Tanya Boteju in this virtual writing workshop as she discusses Writer's Block and useful strategies to overcome it.

[Register today.](#)

Thursday, May 25, 2023

ROP - Fall Prevention (Virtual)

Date and Time: Thursday, May 25 2:00 pm - 3:00 pm

Address: 6311 Old Church Rd.

Falls prevention

Thursday, May 25 at 2 p.m.

A Lifemark Health Group representatives will join us to discuss strategies and tips to prevent slips and falls.

[Register for Falls prevention](#)

Friday, May 26, 2023

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, May 26 9:30 am - 11:30 am

Address: 34 Pine Ave. Palgrave L7E 0L9

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living.

Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Palgrave United Church, 34 Pine Ave, Palgrave
9:30am-11:30am

Everyone 55+ is welcome.

Caledon Seniors' Council

Date and Time: Friday, May 26 10:30 am - 4:00 pm

Address: 6025 Old Church Road Caledon East, ON L7C 1H8

Every Friday, Caledon Seniors' Council will host a "Drop-In for Seniors" at St. James Church in Caledon East. Friendly chats, card games (Euchre & Bridge), and guest speakers on various topics of interest for older residents.

The Lunch program is available for those interested in participating.

All are welcome, call Alex @ 905-584-0591 for more information.

CSC - Monthly Dinner

Date and Time: Friday, May 26 4:30 pm - 6:30 pm

Address: 7 Rotarian Way, Bolton, ON L7E 1Y2

The Caledon Seniors Centre at Rotary Place in Bolton is hosting their Monthly Dinner on Friday, May 26, 2023

The menu is BBQ hamburger or hot dog, fries, salad and pineapple upside down cake for dessert. Cost is \$10.

Pick up: 4:30 to 5:00 pm, Dine-in served at 5:30 pm, Local delivery available for \$2.

Call the Centre by Wed. May 24 to place your orders. Call the Centre at 905-951-6114.

Saturday, May 27, 2023

Jack Ride 2023

Date and Time: Saturday, May 27 8:00 am - 3:00 pm

Address: 17431 Mississauga Rd, Caledon, ON L7K 0E9

Jack Ride is Canada's Ride for Youth Mental Health, held each spring in support of thousands of young people working to create a better future for youth mental health in Canada. It's a family-friendly ride (plus runners, hikers, swimmers) that welcomes all levels of riders to take part in an unforgettable experience.

Last year, we blew past our ambitious goal of raising \$1 million for youth mental health. Those funds power every element of Jack.org. They fuel innovative mental health resources like [Be There](#) and the [Be There Certificate](#), which equip youth mental health advocates with the knowledge they need to educate and support their peers and empower young leaders to advocate for much-needed change to Canada's insufficient mental health systems. None of that work is possible without the dedication of our Riders and donors who pedal the extra mile to make lasting change possible. We're so excited to host in-person Jack Rides in 2023 as well as continue to offer our virtual options!

DIY Family Studio Time

Date and Time: Saturday, May 27 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

Children must be accompanied by an adult.

This drop-in is included with general admission.

Sunday, May 28, 2023

DIY Family Studio Time

Date and Time: Sunday, May 28 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in to enjoy art activities. Fun for the whole family!

Children must be accompanied by an adult.

This drop-in is included with general admission.

Sunday FUNday

Date and Time: Sunday, May 28 1:00 pm - 4:30 pm

Address: 9 Wellington St. E., Brampton ON, L6W 1Y1

Drop-in and enjoy instructor-led art activities that are fun for the whole family!

Recommended for children ages 5 – 12, guardians must accompany children.

This drop-in is included with general admission.

Monday, May 29, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, May 29 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm until Monday, June 26, 2023

Caledon East Community Complex, Lions Den Room – Every Thursday from 9:00 am – 3:00pm from July 6 to August 31, 2023

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm from September 11, 2023 to August 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$9.00.

Program is moving back to Mondays @ the Lions Den starting in 2023.

PUCK - Nordic Walking

Date and Time: Monday, May 29 10:00 am - 12:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

Would you like to put more spring into your step and burn more calories in your walking style? Come and join

us for a Nordic Pole walking around Palgrave or on our Caledon Trailway. This style of walking provides many health benefits and adds strength to your core, back and shoulders, aids posture and balance, and gives you more energy. Walking speeds are monitored to suit the individual, and poles and complete instruction will be provided. It's a great social event to meet friends and make new ones! Please bring a water bottle with you, preferably one that you can wear around your waist, a hat if sunny and comfortable walking shoes. Weather permitting.

CMOW - Senior's Social and Wellness Program - Mono Mills

Date and Time: Monday, May 29 1:00 pm - 3:00 pm

Address: 35 Victoria Crescent, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Victoria Park Community Centre in Mono Mills, 35 Victoria Crescent, Caledon

1pm to 3pm

Everyone 55+ is Welcome

For more information please contact Caledon Meals on Wheels at 905-857-7651 or email at info@cmow.org

PUCK - Gentle Chair Yoga

Date and Time: Monday, May 29 2:00 pm - 4:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

If you are new to yoga, a seasoned regular in classes, or felt inhibited by joining a class due to physical limitations, Chair Yoga is meant for you! You will stretch every muscle in your body and awaken those dormant muscles, feel rejuvenated and so relaxed after each class. The chair will be used for seated as well as standing postures, yet you have the choice to remain seated. All levels welcome! Led by a certified professional Yoga instructor, there will be straps and blocks available to borrow if needed for supporting postures. At the end of each class you will be rewarded with a serene relaxation "savasana" – breath and visualization.

Please make sure to wear comfortable stretchy clothing and if not comfortable bare-foot, light weight shoes. Bring your water bottle with you as well.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

Tuesday, May 30, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon Village

Date and Time: Tuesday, May 30 9:00 am - 3:00 pm

Address: 18313 Hurontario St, Caledon Village, ON L7K 0X7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, May 30 10:00 am - 12:00 pm

Address: 20 Snelcrest Drive, Caledon

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living. Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Margaret Dunn Library, Valleywood, 20 Snelcrest Drive, Caledon. 10am-12noon

Program open to anyone 55+

****Please note that the program is cancelled the 2nd week of the month due to a monthly Euchre Party - Residents are welcome to register to participate in the euchre party from 12noon to 3pm****

CPL: Cricut Crafts: Custom Tote Bag

Date and Time: Tuesday, May 30 6:30 pm

Address: Caledon Public Library - Albion Bolton Branch, 150 Queen St S, Bolton, ON L7E 1E3

Discover how to use a Cricut to design your own custom tote bag. Teens will learn how to design in Cricut Design Space, a free downloadable software. No previous experience with a Cricut is necessary. All of the supplies will be provided.

[Register today.](#)

Wednesday, May 31, 2023

CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church

Date and Time: Wednesday, May 31 10:00 am - 12:00 pm

Address: 14520 Creditview Road

Caledon Meals on Wheels Senior's programs promote and support senior health, wellness and independent living.

Whether it is a guest speaker or entertainer, a seasonal party, special luncheon, exercise class, discussion group or creative activity, participants will get to enjoy their time with friends and neighbors!

Programs are available weekly at the Cheltenham Baptist Church, 14520 Creditview Road, Cheltenham.
10am-12noon
Programs open to all 55+

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 31 11:00 am - 3:00 pm

Address: 225 Dougall Ave, Caledon, ON L7C 3M7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm until Wednesday, June 28, 2023

South Asian Social – Outdoor gathering (still trying to determine which park we will be gathering in) from July 5 to August 30, 2023

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm from September 6, 2023 to June 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email satelliteprogram@caledonseniors.ca or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, May 31 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

<https://calendar.caledon.ca>