

## Wednesday, May 1, 2024

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### Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 1 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](mailto: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 Rail-to-Trail Conversion Open House

Date and Time: Wednesday, May 1 5:00 pm - 7:00 pm

Address: Caledon East Community Complex (Hall A)

The Region of Peel finalized the acquisition of 51km of the former Orangeville Brampton Railway corridor in July 2022 ([media release](#)). Each municipality is required to convert their portion of the corridor into an active transportation route. The corridor provides a unique opportunity to connect the region from north to south, running from Mississauga through Brampton, Caledon, Orangeville and Owen Sound.

The Town of Caledon is inviting you to participate in the Caledon Rail-to-Trail (CRT) project's first round of public engagement. We're hosting two drop-in Open Houses to hear directly from residents. The project team will be in attendance to hear your feedback and answer questions on the Rail to Trail project.

Join us on one of the following dates:

**April 29, 2024:** Southfields Community Centre (The Hub) from 5 – 7 p.m.

**May 1, 2024:** Caledon East Community Complex (Hall A) from 5 – 7 p.m.

## Thursday, May 2, 2024

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### Caledon Seniors Centre - Classic Cafe - Inglewood

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

Address: 15825 McLaughlin Rd

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](mailto:satelliteprogram@caledonseniors.ca)

## Friday, May 3, 2024

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### Celebrate: Embrace your Brave Gala

Date and Time: Friday, May 3 6:30 pm - 10:00 pm

Address: 20 Polonia Avenue unit 100

Join us for an evening of food and entertainment all while supporting a great cause!

Together we embrace the bravery of survivors and hear their stories of strength and resilience. You will enjoy a n unforgettable evening featuring dinner, dancing and fabulous entertainment. Together we will highlight the bravery of survivors and the important work of Embrace in supporting survivors.

Funds raised will provide life-changing supports to survivors of gender-based violence, so they too can look forward to a brighter future

Tickets are \$130 or \$1250 for a Table of 10. Ticket cost includes a 3 course dinner, appetizers, complimentary wine at the table, a raffle, silent auction, musical entertainment and much more!

## Monday, May 6, 2024

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### Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, May 6 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.

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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.

## **Caledon Seniors Centre - Classic Cafe - Caledon East**

Date and Time: Monday, May 6 11:00 am - 2:30 pm

Address: 6211 Old Church Rd, Caledon East

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](mailto:satelliteprogram@caledonseniors.ca)

## **CSC- AGM**

Date and Time: Monday, May 6 1:00 pm - 3:00 pm

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

The Caledon Seniors Centre will be having their Annual General Meeting & Elections on Monday, May 6, 2024

Location: 7 Rotarian Way, Bolton

Free sandwich and dessert lunch at 12:00 PM if attending the meeting.

AGM starts at 1:00 PM.

Call the Centre at 905-951-6114 to register for catering purposes.

## **Tuesday, May 7, 2024**

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## **Caledon Seniors Centre - Classic Cafe - Caledon Village**

Date and Time: Tuesday, May 7 11:00 am - 2:30 pm

Address: 18313 Hurontario St, Caledon Village, ON

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](mailto:satelliteprogram@caledonseniors.ca)

## Wednesday, May 8, 2024

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### Ask the Experts Expo

Date and Time: Wednesday, May 8 8:00 am - 11:30 am

Address: Monora Park Pavillion, 500 Monora Park Road, Mono, ON

Connect, learn and grow. Join local experts to get answers to your business questions!

The Ask the Experts Expo is an opportunity for small business owners to access personalized advice from knowledgeable professionals. Five local experts will lead interactive roundtable discussions with small groups of participants. Each discussion will focus on the information you want and need to know and offer the opportunity to get answers to your questions. Topics to be covered include Legal, Finance, Accounting, Insurance, and Human Resources. Choose the subjects best suited for your business needs and prepare to learn!

Preregistration required before May 3.

Tickets are \$10 + HST (and includes a continental breakfast)

For more information about this unique opportunity and meet these knowledgeable professionals go [here](#).

### Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 8 11:00 am - 3:00 pm

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

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## **Caledon Seniors Centre - Classic Cafe - Alton**

Date and Time: Wednesday, May 8 12:00 pm - 3:00 pm

Address: 35 Station St. Alton, ON

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](mailto:satelliteprogram@caledonseniors.ca)

## **Saturday, May 11, 2024**

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### **Mother's Day Market**

Date and Time: Saturday, May 11 10:00 am - 2:00 pm

Address: 15640 McLaughlin Rd Inglewood ON L7C 1M3

### **CSC - Fundraising Mother's Day Afternoon Tea**

Date and Time: Saturday, May 11 1:30 pm - 4:00 pm

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

The Caledon Seniors Centre at Rotary Place in Bolton is hosting a Mother's Day Afternoon Tea on Saturday, May 11.

Enjoy fancy sandwiches, scones, clotted cream and jam, dessert, tea and coffee. Cost is \$30.

Pick-up: 1:30 pm to 2:00 pm

Sit-in: 2:00 pm to 4:00 pm

Local delivery available for \$2

Pre-registration is required.

Call the Centre at 905-951-6114 to purchase your tickets.

## **Monday, May 13, 2024**

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### **Caledon Seniors Centre - Weekly Satellite Program - Caledon East**

Date and Time: Monday, May 13 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

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

## **Tuesday, May 14, 2024**

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### **Service Canada Information Sessions - Caledon East Community Complex - Community Room**

Date and Time: Tuesday, May 14 11:30 am - 12:30 pm

Address: 6211 Old Church Rd

Age-Friendly Caledon is happy to present FREE information sessions with Service Canada. These sessions will provide information on the benefits and services available to older adults and their caregivers through Service Canada.

Canada Pension Plan  
Old Age Security  
EI Family Caregiver Benefits  
Frauds and Scams

This session will take place at Caledon East Community Complex in the Community Room

Registration is not required.

## **Wednesday, May 15, 2024**

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### **Caledon Seniors Centre - Weekly Satellite Program - Southfields**

Date and Time: Wednesday, May 15 11:00 am - 3:00 pm

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

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## **Thursday, May 16, 2024**

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### **CCS Specialist Clinic - Hear Well Be Well - Free Hearing Clinic**

Date and Time: Thursday, May 16 10:00 am - 2:00 pm

Address: 18 King Street East, Unit L9 in Royal Courtyards

For your convenience, CCS Specialist Clinic is centrally located in the heart of downtown Bolton at 18 King Street East, Unit L9 in the Royal Courtyards, with free onsite parking. For more information and program availability, please call [905-584-2300](tel:905-584-2300) Ext. 920, [905-857-4327](tel:905-857-4327) or [send an email](#).

Hear Well Be Well – Free Hearing Clinic: offering basic hearing tests, earwax checks, hearing aid cleaning and minor hear aid repairs. Available on the 3<sup>rd</sup> Thursday of the month, 10:00 a.m. – 2:00 p.m. Please call [905-857-4327](tel:905-857-4327) for more information and to book your appointment. (ages 9+)

### **CCS Specialist Clinic - Alzheimer's Society Peel - Dementia Days**

Date and Time: Thursday, May 16 10:00 am - 2:00 pm

Address: 18 King Street East, Unit L9 in Royal Courtyards

For your convenience, CCS Specialist Clinic is centrally located in the heart of downtown Bolton at 18 King Street East, Unit L9 in the Royal Courtyards, with free onsite parking. For more information and program availability, please call [905-584-2300](tel:905-584-2300) Ext. 920, [905-857-4327](tel:905-857-4327) or [send an email](#).

Alzheimer Society of Peel – Dementia Days: drop in to learn about dementia and support services accessible in Caledon. Available on the 3<sup>rd</sup> Thursday of the month, 10:00 a.m. – 2:00 p.m. No appointment required! (Please note on May 18<sup>th</sup> and September 21<sup>st</sup>, the time will be altered to 1:00 – 4:00 p.m.)

## **Monday, May 20, 2024**

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## Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, May 20 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

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

## Wednesday, May 22, 2024

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## Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 22 11:00 am - 3:00 pm

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

Looking for something to do?

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

## CSC- Special Lunch

Date and Time: Wednesday, May 22 11:30 am - 1:00 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton for our May Special Lunch! The menu is Fish and Chips, Peas, Coleslaw, Bread and Butter and Cinnamon Coffee Cake. Cost is \$11.

Pick-up at 11:30 am

Dine-in served at 12:00 pm

Local delivery available for \$2.

Order deadline is Tuesday, May 21 at 11:30 am.

Call the Centre at 905-951-6114 to reserve your tickets

## Monday, May 27, 2024

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### Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, May 27 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

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

## Tuesday, May 28, 2024

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### Protecting Your Money Lunch and Learn Workshop - Caledon East

Date and Time: Tuesday, May 28 11:00 am - 1:00 pm

Address: 6215 Old Church Rd, Caledon East

In partnership with Elder Abuse Prevention Ontario, Age-Friendly Caledon is continuing the conversation on how to keep you safe from being a victim of older adult mistreatment. Join us to learn practical tips on keeping your money and property safe including what to consider when designating a Power of Attorney.

This FREE lunch and learn will provide you with the tools you need to ensure you have control over your financial decisions and can age in place.

Tuesday May 28 | 11 a.m. – 1 p.m.

Caledon East Community Complex – Hall A ([6215 Old Church Road, Caledon East](#))

Registration Required by May 24

[Click Here to Register for the Lunch and Learn](#)

## Wednesday, May 29, 2024

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### Connect to Create with Chelsea Johnson

Date and Time: Wednesday, May 29 9:00 am - 12:00 pm

Address: Monora Park Pavillion, 500 Monora Park Road, Mono, ON

Chelsea Johnson returns on May 29 to help you unlock and unleash creative potential in yourself and others! During this interactive event, Chelsea will use her experience as a creative coach, teacher, performer and podcaster to inspire and empower participants. Ideal for artists and creative entrepreneurs, all attendees will be invited to take risks with their creativity, embrace their authenticity, and learn from fellow artists.

You will learn to:

1. Design your life in a way that serves your creative goals.
2. Identify and bridge the gaps that keep you from having the creative life you envision.
3. Confidently connect and network with other artists and creative entrepreneurs.
4. Foster ongoing creative collaborations within the community.

#### Who should attend?

This is a must-attend event for you if:

- You are a local artist or creative entrepreneur.
- You are ready to engage and connect with other creatives.
- You are willing to share and learn through open dialogue and interactive activities.

#### What to Expect

**An enthusiastic host:** [Chelsea Johnson](#) is a creative coach, teacher, performer, and podcaster who has a passion for connecting with others and helping them unlock and unleash their creative potential. As a coach, she helps creatives design their lives in a way that serves their creative goals by identifying and bridging the gaps that may be keeping them from having the creative lives they envision for themselves. Chelsea has coached artists in many areas of creative expression and stages of life.

**An opportunity to actively participate:** Come ready to engage, interact and inspire. Growth only happens when

n we are willing to step out of our comfort zone!

**A chance to meet new people:** Seating will be assigned to encourage sharing of ideas and meaningful connections.

**Good food and good company:** You will enjoy light refreshments while mixing with fellow creatives, mentors, and potential collaborators.

**A meaningful outcome:** The exclusive Facebook group will remain active for event attendees. This will be a space to share any thoughts, ideas and questions while making further connections.

Pre-registration required before May 22.

Tickets are \$20 + HST (and include refreshments)

## Peel Council on Aging - Summit on Aging

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

Address: 1500 Gullenden Dr. Mississauga

Join the Peel Council on Aging (PCoA) for the Free Summit on Aging. A day of workshops, visit exhibitors and join the conversation about how Peel can become more senior friendly.

May 29 | 9 a.m. - 3 p.m.

Burnhamthorpe CC Arena (1500 Gullenden Dr. Mississauga)

Register before May 22 to secure your spot

[Click Here](#) to Register or call 905-712-4413 x 350

## Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, May 29 11:00 am - 3:00 pm

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

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## Thursday, May 30, 2024

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### CSC - Laughter & Lunch

Date and Time: Thursday, May 30 11:00 am - 12:00 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton on Thursday, May 30 at 11:00 AM for this fun event "Survive & Thrive With Humour" presented by Tim Westhead.

Boost your morale with this humorous session that will have you smiling and feeling energized!

Lunch menu: Chicken Caesar Wraps, Pasta Salad, Bread Pudding with Custard

Cost: \$15

Call the Centre at 905-951-6114 to purchase your tickets!

## Friday, May 31, 2024

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### CSC - Monthly Dinner

Date and Time: Friday, May 31 5:15 pm - 7:00 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 31.

The menu is Stuffed Chicken Breast, Roasted Potatoes, Kale Salad, Ice-Cream Sandwich Dessert.

Cost: \$16

Pick-up: 5:15 pm

Dine-in served: 5:30 pm

Local delivery available for \$2

Order deadline is Wed. May 29 at 3:30 pm.

Call the Centre at 905-951-6114.

<https://calendar.caledon.ca>