

Wednesday, June 1, 2022

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

Date and Time: Wednesday, June 1 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+

CPL: Story Time Live!

Date and Time: Wednesday, June 1 10:00 am

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

Join us for a fun and interactive story time complete with favourite songs, stories, and rhymes. Story times help support a lifelong love of reading through language and social development. Registration is required. To enjoy CPL's Story Time Online programs, registrants will need access to a tablet, laptop or computer with internet access. Registrants will be provided a Zoom link and instructions on taking part via a confirmation email (as provided at time of registration).

Caledon East Seniors Euchre

Date and Time: Wednesday, June 1 1:00 pm - 4:00 pm

Address: 15430 Innis Lake Rd, Caledon East, ON L7C 2Z1

Join us at the Royal Ambassador every Wednesday afternoon at 1pm for Euchre.

Truly a social gathering for fun and enjoyment. Everyone is Welcome.

Call Kay @ 905-951-9376 or Alex @ 905-584-0591 for details.

CPL: Connecting Caledon Seniors Program

Date and Time: Wednesday, June 1 6:30 pm

The Connecting Caledon Seniors Program is a great way to learn more about technology so that you can connect with friends and family and use the internet. Register for this four-week program to attend weekly introductory classes to help you get started with computers and take the Senior Technology Connection kit home with you to practice! The Senior Tech Connection Kits come with a Chromebook laptop, mouse, and a hotspot so that you can enjoy a reliable connection to the internet while you learn for the duration of the program.

This program is intended for those 55+ who have minimal experience with or access to computers and technology. The sessions will cover computer basics, including using a mouse, browsing the internet, and Zoom. Participants must be able to attend all four weekly sessions in person. The four sessions are: Wednesdays, June 1, 8, 15, and 22.

Space is limited to 5 attendees. This program will be hosted in person at the Caledon East Branch.

To register or to see if the program is right for you contact Debra at 905-857-1400 ext. 220, or dmann@caledon.library.on.ca for more details.

Funding provided by the Government of Ontario.

Zumba® - Free Try -It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness

Date and Time: Wednesday, June 1 7:45 pm - 8:45 pm

Address: 14111 Hwy 50, Bolton, ON L7E 2V2



In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering try-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages, while taking the time to recognize seniors and the contributions they have made in our community. Let's get Caledon active in a variety of fitness classes and workshops such as Youth Resistance Training, How to set SMART Goals, Bootcamp for Kids, Zumba 55+, Sit & Get Fit, Yoga in the Park and much more

Friday, June 3, 2022

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, June 3 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, June 3 10:00 am - 4:30 pm

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

Every Friday, Caledon Seniors' Council will host a "Euchre & Bridge" session at St. James Church in Caledon East.

Friendly chats, card games, and guest speakers to enlighten you on various topics.

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

Group Cycle- "Free" Try- It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness

Date and Time: Friday, June 3 5:30 pm - 6:30 pm

Address: 14111 Hwy 50, Bolton, ON L7E 2V2



In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering try-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages, while taking the time to recognize seniors and the contributions they have made in our community. Let's get Caledon active in a variety of fitness classes and workshops such as Youth Resistance Training, How to set SMART Goals, Bootcamp for Kids, Zumba 55+, Sit & Get Fit, Yoga in the Park and much more!

Saturday, June 4, 2022

Bolton Bicentennial

Date and Time: Saturday, June 4 10:00 am - 4:00 pm

Address: Mill street

Mark your calendars and plan to join in a Community Birthday Party marking Bolton's 200th BIRTHDAY! The celebrations may be a year late but will be worth waiting for.

CPL: Writing Workshop Series

Date and Time: Saturday, June 4 11:00 am

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

In this three-workshop series you will strengthen your writing voice and have the opportunity to experience the impact of writing, reading and receiving feedback with a supportive group and local facilitator, Carol Good. Carol will use the [Amherst Writers and Artists \(AWA\)](#) method developed by Pat Schneider (Writing Alone and With Others) to ensure participants create, listen and learn together. Attendees will be provided with resources to assist them with their writing journey. Virtual workshop cost is \$30 per person.

This program will be hosted on Zoom and participants will attend all three classes.

Sunday, June 5, 2022

Valleywood Community Wide Garage Sale

Date and Time: Sunday, June 5 8:00 am - 1:00 pm

Address: 105 Valleywood Blvd, Caledon

Valleywood Community Wide Garage Sale

Sunday, June 5, 2022

8am - 1pm

Walk the neighbourhood and find amazing deals on household items, toys, clothes, small appliances, furniture, crafts and more...

Many local small businesses will also be participating by setting up POP UP SHOPS on their driveways.

Find some treasures and help support local.

Inglewood Pollinator Garden Community Planting

Date and Time: Sunday, June 5 10:00 am - 2:00 pm

Address: 15825 McLaughlin Road, Inglewood

Join us on June 5th for the Inglewood Pollinator Garden Community Planting Event!

10:00 am to 2:00 pm

Festivities include: helping us plant our garden, learning about pollinators and native plants, doing nature crafts, picking up your free seed packet while supplies last, and enjoying a BBQ lunch!

Bolton Bicentennial

Date and Time: Sunday, June 5 1:00 pm - 2:00 pm

Address: Mill street

June 5th will mark 201 years, to-the-day, since George Bolton purchased 200 acres of land along the Humber River in what is now downtown Bolton. Mark your calendars and plan to join the afternoon festivities with a procession along the river led by the Sandhill Pipes and Drums, the Mayor and the Town Crier.

Monday, June 6, 2022

CPL: Osmo Tech Time!

Date and Time: Monday, June 6 10:00 am - 3:00 pm

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

Stop in on your PA Day and test out some of our new Osmo games! Osmo promotes skills like math, literacy, coding and more by using hands-on learning games in which players use objects in the real world to interact with the digital world shown on their iPad.

Stroller Fitness - "Free" Try - It - ParticipACTION Fitness Class- Caledon Centre for Recreation & Wellness (Outdoor)

Date and Time: Monday, June 6 10:30 am - 11:30 am

Address: www.caledon.ca/recprograms or caledon.ca/events



Did you know that June is Recreation Month!

In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering try-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages.

In celebration, our recreation department is offering a wide range of activities throughout the month for all residents, you can check out the full listing of activities for all ages [here](#).

Classes will be drop-in, first come first serve.

Teen Yoga- "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness

Date and Time: Monday, June 6 3:00 pm - 4:00 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



Did you know that June is Recreation Month!

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In celebration, our recreation department is offering a wide range of activities throughout the month for all residents, you can check out the full listing of activities for all ages [here](#).

Classes will be drop-in, first come first serve.

Tuesday, June 7, 2022

Seniors Month - Sit & Get Fit - "Free" Try-It Fitness Class - Albion Bolton Community Centre

Date and Time: Tuesday, June 7 10:00 am - 11:00 am

Address: 150 Queen St S, Bolton, ON L7E 1E3

In conjunction with Age-Friendly Caledon and in Celebration of Seniors Month, the Town of Caledon is offering try-it fitness classes at no cost to encourage physical activity.

Classes are drop-in and first come, first serve.

Call 3.1.1 for more information

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, June 7 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****

Classic Cafe for Caledon Village

Date and Time: Tuesday, June 7 11:30 am - 12:00 pm

Address: 18313 Hwy 10

Betty Degroot from Turtle Green Refillery talk about the plastic free cleaning and household products and other Eco Caledon Events. We meet in the lower level of the Caledon Village Place. Please call to staff if you need

help with the elevator or enter through the back door by knocking. The event includes soup and sandwich lunch and games for \$10.00

Seniors Month - Watercolour Workshop with PAMA

Date and Time: Tuesday, June 7 1:30 pm - 3:00 pm

Address: 15825 McLaughlin Rd, Inglewood, ON

In honour of Seniors Month, Age-Friendly Caledon has partnered with PAMA to offer Caledon Residents 55+ with a free Watercolour workshop. This workshop will allow participants to experiment with watercolour and create a painting using different techniques. They will use traditional materials and mediums to create a variety of effects.

No previous art experience is necessary! All materials are included.

Tuesday June 7, 2022 from 1:30 p.m. - 3 p.m.

FREE for Residents 55+ | Limited Spaces Available

Registration Starts May 25, 2022

caledon.ca/adult55

Public Meeting: Bolton Core Overlay Zone Area

Date and Time: Tuesday, June 7 7:00 pm

Address: This is a hybrid meeting

A Public Meeting will be held to consider a proposed Zoning By-law Amendment. Your input and insight will inform and shape plans that meet the needs of our community.

The Town of Caledon is offering a hybrid meeting model offering many ways for you to engage with Council. To participate in-person or virtually, complete the participation form by registering [here](#).

Meeting date: June 07, 2022 | Meeting start time: 7 p.m.

[For more information](#)

Public Meeting: 12728 Kennedy Road & 0 Dotchson Road

Date and Time: Tuesday, June 7 7:00 pm

Address: This is a hybrid meeting

A Public Meeting will be held to consider proposed Draft Plan of Condominium application. Your input and insight will inform and shape plans that meet the needs of our community.

The Town of Caledon is offering a hybrid meeting model offering many ways for you to engage with Council. To participate in-person or virtually, complete the participation form by registering [here](#).

Meeting date: June 7, 2022 | Meeting start time: 7 p.m.

Wednesday, June 8, 2022

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

Date and Time: Wednesday, June 8 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+

The Ontario Caregiver Organization - After Stroke Support for Caregivers - Online

Date and Time: Wednesday, June 8 12:00 pm - 1:00 pm

Address: 6311 Old Church Rd.

The Ontario Caregiver Organization is presenting an online event: After Stroke Support for Caregivers: Finding a path forward.

Life after a stroke brings many challenges, as needs and circumstances are unique and personal to each stroke survivor and their caregivers. June is Stroke Awareness Month, and in collaboration with March of Dimes Canada, we will share information about the After Stroke program and available supports and services for caregivers. In addition, we will hear from caregivers with lived experience on how they navigated the post-stroke journey and highlights of the After Stroke program that helped them find a path forward.

This event is taking place June 8th 12pm-1pm. [Register Online Here](#)

Classic Cafe for Alton

Date and Time: Wednesday, June 8 12:30 pm - 3:30 pm

Address: 35 Station St. Alton

A fun day out with lunch and a speaker and games for 10.00 per person. Please call to reserve your seat and lunch. Our speaker will be Betty Degroot from Turtle Green Refillery. A local business which sells household items not packed in plastic and refills glass jars. We eat and play games first as Betty comes at 2:30 to speak.

Caledon East Seniors Euchre

Date and Time: Wednesday, June 8 1:00 pm - 4:00 pm

Address: 15430 Innis Lake Rd, Caledon East, ON L7C 2Z1

Join us at the Royal Ambassador every Wednesday afternoon at 1pm for Euchre.

Truly a social gathering for fun and enjoyment. Everyone is Welcome.

Call Kay @ 905-951-9376 or Alex @ 905-584-0591 for details.

Understanding the Home Care System - Virtual

Date and Time: Wednesday, June 8 2:00 pm - 4:00 pm

Address: 6311 Old Church Rd.

A virtual presentation about how to navigate the health care system

About this event

People don't think about home care - or don't even realize it exists - until they suddenly need help.

How does it work?

How can I get help?

What help is available?

What's covered by the government and what isn't?

We get these questions on a daily basis!

Join us for our virtual Understanding the Home Care System workshop designed to answer your burning questions, leave you with the tools to navigate the health care system and more.

The event will be held online using Zoom. Registrants will receive a link to join the Zoom meeting closer to the event.

[Register Here](#)

For more information, please contact:

Alissa Oliver, Director for Private Care and Customer Support

aoliver@acclaimhealth.ca | 905-827-8800 x2050

CPL: Connecting Caledon Seniors Program

Date and Time: Wednesday, June 8 6:30 pm

Address: Caledon Public Library - Caledon East Branch, 6500 Old Church Rd, Caledon East, ON L7C 0H3

The Connecting Caledon Seniors Program is a great way to learn more about technology so that you can connect with friends and family and use the internet. Register for this four-week program to attend weekly introductory classes to help you get started with computers and take the Senior Technology Connection kit home with you to practice! The Senior Tech Connection Kits come with a Chromebook laptop, mouse, and a hotspot so that you can enjoy a reliable connection to the internet while you learn for the duration of the program.

This program is intended for those 55+ who have minimal experience with or access to computers and technology. The sessions will cover computer basics, including using a mouse, browsing the internet, and Zoom. Participants must be able to attend all four weekly sessions in person. The four sessions are: Wednesdays, June 1, 8, 15, and 22.

Space is limited to 5 attendees. This program will be hosted in person at the Caledon East Branch.

To register or to see if the program is right for you contact Debra at 905-857-1400 ext. 220, or dmann@caledon.library.on.ca for more details.

Funding provided by the Government of Ontario.

Thursday, June 9, 2022

CPL: Don't Beat Yourself Up: Using Self-Compassion to Combat Stress

Date and Time: Thursday, June 9 2:00 pm

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

Join us for this supportive and informative webinar to explore what self-compassion is and is not, the benefits of self-compassion, some common misgivings, and learn practices which promote self-compassion and other positive ways to attend to your needs. For many people, striving for perfection is the goal. We often set very high standards for ourselves, and when we cannot achieve these, we are hard on ourselves. This goal of “doing it right” even impacts us when we encounter stressors such as illness, caregiving and grief. This webinar will provide participants with the information and skills to take the first steps in overcoming harsh self-judgements and impossible standards, in order to cultivate one’s own emotional well-being.

Advance [registration](#) is required.

CPL: Home Security with the OPP

Date and Time: Thursday, June 9 6:30 pm

Address: Caledon Public Library - Caledon East Branch, 6500 Old Church Rd, Caledon East, ON L7C 0H3

Join us in person to learn about Home Security from Provincial Constable Joe Brisebois of the OPP. Constable Brisebois will discuss how to best protect your car, house, property and valuables by providing informative literature and presenting on the "nuts & bolts" of home security.

[Registration](#) is preferred but drop-ins are welcome.

This program is provided for information only. The views and opinions expressed do not necessarily reflect those of Caledon Public Library.

CPL: Author Visit with Lisa Oatway

Date and Time: Thursday, June 9 7:00 pm

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

Join Read Local Caledon author and resident, Lisa Oatway, for a virtual author visit. [The Dinosaur Encounter](#) — The Alberta Episode is her first book in a series of 13 stories in the Blue Crescent Moon series. There will be one for each province and territory in Canada!

Advance [registration](#) required.

CPL: Pride Book Club

Date and Time: Thursday, June 9 7:00 pm - 8:30 pm

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

This Pride Book Club is a collaboration between Brampton, Caledon, and Mississauga Public Libraries. It is a great way to meet readers from all three communities and talk about books you may not have discovered on your own.

Book lovers will have the opportunity to meet and discuss books with LGBTQ+ themes or by authors that identify as LGBTQ+.

This month's Pride Book Club will discuss ["The Death of Vivek Oji" by Akwaeke Emezi](#).

To read a copy of this book, please go to the library's [catalogue](#) and place a hold.

Presented on Zoom.

Friday, June 10, 2022

CMOW - Senior's Social and Wellness Program - Palgrave

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

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

Every Friday, Caledon Seniors' Council will host a "Euchre & Bridge" session at St. James Church in Caledon East.

Friendly chats, card games, and guest speakers to enlighten you on various topics.

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

Caledon East Classic Cafe

Date and Time: Friday, June 10 11:30 am - 3:30 pm

Address: 6215 Old Church Rd

Join us for a fun day out with lunch and games for \$10.00. Our speaker for June is Chris Bialek and Molina Dahn of the Toronto REgional Conservation Area they will speak on the "Gypsy" or L.L.D Moth and their management. Call 905-586-6114 to reserve your spot.

Yoga - "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness

Date and Time: Friday, June 10 1:00 pm - 2:00 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering try-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages, while taking the time to recognize seniors and the contributions they have made in our community. Let's get Caledon active in a variety of fitness classes and workshops such as Youth Resistance Training, How to set SMART Goals, Bootcamp for Kids, Zumba 55+, Sit & Get Fit, Yoga in the Park and much more!

Youth Resistance Training Workshop - "Free" Try-It ParticipACTION Workshop - Caledon Centre for Recreation and Wellness

Date and Time: Friday, June 10 3:00 pm - 4:00 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering tr

y-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages, while taking the time to recognize seniors and the contributions they have made in our community. Let's get Caledon active in a variety of fitness classes and workshops such as Youth Resistance Training, How to set SMART Goals, Bootcamp for Kids, Zumba 55+, Sit & Get Fit, Yoga in the Park and much more!

Just Like Under the Big Top

Date and Time: Friday, June 10 6:00 pm - 9:30 pm

Address: 150 Queen Street South, Bolton, ON

A circus theatrical event is coming to Bolton on Friday June 10, 2022 at the Albion-Bolton Fairgrounds! Tickets are now available! Adults - \$24, Seniors - \$20, Children (under 12) - \$12. Call the Caledon Seniors Centre at 905-951-6114 or order online at [eventbrite.ca](https://www.eventbrite.ca).

Come see:

Nathaniel Rankin - international award-winning magician, juggler, circus & stunt artist

Mike D'Urzo - international award-winning magician and mentalist

Highlights from Joseph & the Amazing Technicolor Dreamcoat by Stage Academy

All proceeds will support the Caledon Seniors Centre Expansion Project

Saturday, June 11, 2022

Family Zumba® "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness

Date and Time: Saturday, June 11 10:00 am - 11:00 am

Address: www.caledon.ca/recprograms or caledon.ca/events



Did you know that June is Recreation Month!

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In celebration, our recreation department is offering a wide range of activities throughout the month for all residents, you can check out the full listing of activities for all ages [here](#).

Classes will be drop-in, first come first serve.

CPL: Writing Workshop Series

Date and Time: Saturday, June 11 11:00 am

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

In this three-workshop series you will strengthen your writing voice and have the opportunity to experience the impact of writing, reading and receiving feedback with a supportive group and local facilitator, Carol Good. Carol will use the Amherst Writers and Artists (AWA) method developed by Pat Schneider (Writing Alone and With Others) to ensure participants create, listen and learn together. Attendees will be provided with resources to assist them with their writing journey. Virtual workshop cost is \$30 per person.

This program will be hosted on Zoom and participants will attend all three classes.

Dufferin County Multicultural Event

Date and Time: Saturday, June 11 11:00 am - 4:00 pm

Address: 936029 Airport Road, Mulmur

Join us for the Dufferin County Multicultural Event to celebrate art, food, music & more!

Presented by Dufferin County Multicultural Foundation, Hosted at Museum of Dufferin

936029 Airport Road, Mulmur

www.DufferinMuseum.com 519-941-1114

Sunday, June 12, 2022

THE AHMADIYYA MUSLIM WOMEN'S ASSOCIATION OF CANADA PRESENTS; AN INTERFAITH PEACE SYMPOSIUM: Religion is the Solution to the world's problems - AN INTERFAITH PEACE SYMPOSIUM

Date and Time: Sunday, June 12 3:00 pm - 5:00 pm

Address: 10610 Jane St, Maple, ON

On: Sunday, June 12th Time: 3:00 - 5:00 p.m. At: Aiwan Tahir 10610 Jane St, Maple, ON L6A 3A2

To register: Please visit <https://forms.gle/WnTB6tqiJHduZHwk8>

Rev. Emma Pipes of Caledon East United Church will be a guest speaker.

Please note: This is a female only event

Monday, June 13, 2022

Seniors Month - Zumba® 55+ - "Free" Try-It Fitness Class - Southfields Community Centre

Date and Time: Monday, June 13 9:30 am - 10:30 am

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

In Celebration of Seniors Month, the Town will be hosting FREE 55+ Try-It fitness classes.

Classes will be drop-in, first come first serve.

Call 3.1.1 for more information

Tuesday, June 14, 2022

Family Zumba® "Free" Try-It ParticipACTION Fitness Class- Albion Bolton Community Centre

Date and Time: Tuesday, June 14 7:30 pm - 8:30 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



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Wednesday, June 15, 2022

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

Date and Time: Wednesday, June 15 10:00 am - 12:00 pm

Address: 14520 Creditview Road

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10am-12noon

Caledon East Seniors Euchre

Date and Time: Wednesday, June 15 1:00 pm - 4:00 pm

Address: 15430 Innis Lake Rd, Caledon East, ON L7C 2Z1

Join us at the Royal Ambassador every Wednesday afternoon at 1pm for Euchre.

Truly a social gathering for fun and enjoyment. Everyone is Welcome.

Call Kay @ 905-951-9376 or Alex @ 905-584-0591 for details.

CPL: SeniorTech: Chromebook Drop-In

Date and Time: Wednesday, June 15 3:00 pm - 4:00 pm

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

Did you know that you can borrow a CPL Chromebook laptop and use it anywhere in our newly renovated Albion Bolton branch? They're lightweight, portable, easy to read, and perfect for checking email or catching up on the day's news. If you've never used a Chromebook before, drop in to see what they can do, and give one a try!

This program will be hosted in person at the Albion Bolton branch. Registration not required.

MILL STREET CLASS ENVIRONMENTAL ASSESSMENT STUDY

Date and Time: Wednesday, June 15 5:30 pm - 7:00 pm

Address: 14190 Creditview Rd, Caledon, ON L0P 1N0

The Study

The Town of Caledon is considering options to enhance safety, improve traffic operations and better accommodate pedestrians and cyclists on Mill Street, to serve the community for years to come. The project is being completed as a Schedule "B" project in accordance with the *Municipal Class Environmental Assessment (October 2000, as amended in 2007, 2011 & 2015)*. As such, public and technical agency consultation will play a key role in developing the study recommendations.

CPL: Connecting Caledon Seniors Program

Date and Time: Wednesday, June 15 6:30 pm

Address: Caledon Public Library - Caledon East Branch, 6500 Old Church Rd, Caledon East, ON L7C 0H3

The Connecting Caledon Seniors Program is a great way to learn more about technology so that you can connect with friends and family and use the internet. Register for this four-week program to attend weekly introductory classes to help you get started with computers and take the Senior Technology Connection kit home with you to practice! The Senior Tech Connection Kits come with a Chromebook laptop, mouse, and a hotspot so that you

u can enjoy a reliable connection to the internet while you learn for the duration of the program.

This program is intended for those 55+ who have minimal experience with or access to computers and technology. The sessions will cover computer basics, including using a mouse, browsing the internet, and Zoom. Participants must be able to attend all four weekly sessions in person. The four sessions are: Wednesdays, June 1, 8, 15, and 22.

Space is limited to 5 attendees. This program will be hosted in person at the Caledon East Branch.

To register or to see if the program is right for you contact Debra at 905-857-1400 ext. 220, or dmann@caledon.library.on.ca for more details.

Funding provided by the Government of Ontario.

Thursday, June 16, 2022

CPL: Cricut 101: Summer Wine Glass

Date and Time: Thursday, June 16 6:30 pm - 8:00 pm

Address: Caledon Public Library - Caledon East Branch, 6500 Old Church Rd, Caledon East, ON L7C 0H3

Discover how to use a Cricut to create a plastic wine glass. Participants will learn how to design in Cricut Design Space, a free downloadable software, cut the vinyl using the Cricut machine, and assemble their wine glass. A Cricut is a computer-controlled cutting and drawing machine that is perfect for creating any DIY project. No previous experience with a Cricut is necessary. All of the supplies will be provided.

Prior to the program registrants are encouraged to download and install [Cricut Design Space](#), if they wish to use their own device. Library devices will also be available for participants to use.

This program will be hosted in person at the Caledon East Branch.

Advance [registration](#) required.

Friday, June 17, 2022

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, June 17 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, June 17 10:00 am - 4:30 pm

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

Every Friday, Caledon Seniors' Council will host a "Euchre & Bridge" session at St. James Church in Caledon East.

Friendly chats, card games, and guest speakers to enlighten you on various topics.

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

Seniors Month - CSC - Afternoon Strawberry Social & Entertainment

Date and Time: Friday, June 17 2:00 pm - 4:00 pm

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

In celebration of Seniors Month and in partnership with the Town of Caledon, the Caledon Seniors Centre will be hosting a Strawberry Social & Entertainment Event from 2 p.m. - 4 p.m.

Enjoy homemade cake with strawberries and cream, tea, coffee, and entertainment from a strolling musician. Limited Spaces Available

Free for Residents 55+

Take-Out between 1:30 pm - 2pm

Local Delivery Available for \$2

Registration Required

To register call 905-951-6114

How to Set a S.M.A.R.T. Fitness Goal Workshop - "Free" Try - It ParticipACTION Fitness Workshop- Caledon Centre for Recreation and Wellness

Date and Time: Friday, June 17 3:00 pm - 4:00 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



Did you know that June is Recreation Month!

In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering try-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages.

In celebration, our recreation department is offering a wide range of activities throughout the month for all residents, you can check out the full listing of activities for all ages [here](#).

Monday, June 20, 2022

Deepening Community - Nordic Walking Summer 2022

Date and Time: Monday, June 20 10:00 am - 11:00 am

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.

Join us outdoors for 1 hour of Nordic walking around the Palgrave neighbourhood. You will need good walking shoes (boots) and appropriate clothing for the weather (hat recommended). Note activity will be cancelled if inclement weather (icy conditions, snowstorm, heavy rain, thunderstorms). Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines). An indoor washroom is available at the church location but otherwise participants will be outside on the lawn (uneven terrain). There is also a shelter available for shade and protection. **Participants should be prepared to walk at least 1 km or longer (moderate fitness level).**

Participants will physically distance from each other and staff. You will be screened prior to the beginning of each session (Please arrive between 9:45 and 10 am to allow enough time to screen all 8 participants). Nordic Poles will be available for your use during each session and will be sanitized after each use.

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email info@palgravekitchen.org or phone 905-880-0303.

Deepening Community - Gentle Outdoor Yoga (Chair)

Date and Time: Monday, June 20 2:00 pm - 3:00 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.

Join us for 1 hour of gentle yoga using a chair (provided). **You will need good walking shoes and appropriate clothing for the weather.** Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines). An indoor washroom is available at the church location and class will be held outside under large white tent (unless extreme weather – thunderstorms).

Participants will physically distance from each other and staff – please self screen prior to participating (do not attend if advised by Public Health).

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email info@palgravekitchen.org or phone 905-880-0303.

Yoga for Runners- "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness

Date and Time: Monday, June 20 6:30 pm - 7:30 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering try-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages, while taking the time to recognize seniors and the contributions they have made in our community. Let's get Caledon active in a variety of fitness classes and workshops such as Youth Resistance Training, How to set SMART Goals, Bootcamp for Kids, Zumba 55+, Sit & Get Fit, Yoga in the Park and much more!

Tuesday, June 21, 2022

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, June 21 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****

Healthy Ageing 101: Ageing with Pride: Understanding the unique needs and ways to support 2SLGBTQIA+ seniors - Virtual

Date and Time: Tuesday, June 21 12:00 pm - 1:00 pm

Address: 6311 Old Church Rd.

Healthy Ageing 101 is a free, virtual health education series open to all. Every month September through June, a new health topic related to healthy ageing is discussed. During the one hour session, attendees will hear from an expert speaker and have the opportunity to participate in a 15 minute question and answer session.

In Celebration of Pride Month, Healthy Ageing 101 is hosting the following session on June 21, 2021 from 12 noon to 1pm EST;

Ageing with Pride: Understanding the unique needs and ways to support 2SLGBTQIA+ seniors.
Join Dr. Ashley Flanagan in a discussion around current health and wellness policies for 2SLGBTQIA+ Seniors

[Register Here](#)

CPL: Watercolour Workshop with PAMA

Date and Time: Tuesday, June 21 6:30 pm

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

Join us for this exciting watercolour workshop while learning more about the [Peel Art Gallery, Museum and Archives \(PAMA\)](#).

Experiment with watercolour and create a painting using different techniques. We will use traditional materials and mediums to create a variety of effects. No previous art experience is necessary! All materials are included.

PAMA is a place to explore and learn about Peel Region's culture and heritage, as well as use conversation, questions and stories to help make new and fascinating connections to the surrounding community. Throughout the year, PAMA offers a variety of workshops and programs for all ages, families and adults. With so many different programs to choose from, PAMA has something for everyone. Operated by the Region of Peel, PAMA is located at 9 Wellington Street East in Brampton. Visit pama.peelregion.ca to learn more.

Advance [registration](#) required.

Yoga in The Park - "Free" Try-It ParticipACTION Outdoor Fitness Class- Lloyd Wilson Park

Date and Time: Tuesday, June 21 7:30 pm - 8:30 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



In conjunction with ParticipACTION Canada, Community Better Challenge, the Town of Caledon is offering try-it fitness classes and workshops at no cost to encourage physical activity. June is Recreation and Seniors Month! Throughout the month of June, The Town of Caledon is promoting the benefits of active living for all ages, while taking the time to recognize seniors and the contributions they have made in our community. Let's get Caledon active in a variety of fitness classes and workshops such as Youth Resistance Training, How to set SMART Goals, Bootcamp for Kids, Zumba 55+, Sit & Get Fit, Yoga in the Park and much more!

*Please bring your own Yoga mat.

Wednesday, June 22, 2022

Walk for Wellness

Date and Time: Wednesday, June 22 9:00 am - 10:00 am

Address: 6311 Old Church Rd.

Dufferin Area Family Health Team and Caledon Meals on Wheels have started a free bi-weekly walk for wellness located in Caledon East.

Come join to meet new people and enjoy the Caledon Trailways. It's a great way to improve your health and wellbeing.

Walkers will meet the second and fourth Wednesday of the month June – November from 9am to 10am.

Location is 6311 Old Church Rd in Caledon East – Parking in the TH lot close to the trailway.

Please dress according to weather – rain or shine

This is a drop-in program, registration not required, and everyone is welcome to join.

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

Date and Time: Wednesday, June 22 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 East Seniors Euchre

Date and Time: Wednesday, June 22 1:00 pm - 4:00 pm

Address: 15430 Innis Lake Rd, Caledon East, ON L7C 2Z1

Join us at the Royal Ambassador every Wednesday afternoon at 1pm for Euchre.

Truly a social gathering for fun and enjoyment. Everyone is Welcome.

Call Kay @ 905-951-9376 or Alex @ 905-584-0591 for details.

Seniors Month - Forever Fit (55+) - "Free" Try - It Fitness Class - Southfields Community Centre

Date and Time: Wednesday, June 22 2:00 pm - 3:00 pm

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

In Celebration of Seniors Month, we will be hosting free 55+ Try-It fitness classes.

Classes will be drop-in, first come first serve.

Call 3.1.1 for more information.

CPL: Connecting Caledon Seniors Program

Date and Time: Wednesday, June 22 6:30 pm

Address: Caledon Public Library - Caledon East Branch, 6500 Old Church Rd, Caledon East, ON L7C 0H3

The Connecting Caledon Seniors Program is a great way to learn more about technology so that you can connect with friends and family and use the internet. Register for this four-week program to attend weekly introductory classes to help you get started with computers and take the Senior Technology Connection kit home with you to practice! The Senior Tech Connection Kits come with a Chromebook laptop, mouse, and a hotspot so that you can enjoy a reliable connection to the internet while you learn for the duration of the program.

This program is intended for those 55+ who have minimal experience with or access to computers and technology. The sessions will cover computer basics, including using a mouse, browsing the internet, and Zoom. Participants must be able to attend all four weekly sessions in person. The four sessions are: Wednesdays, June 1, 8, 15, and 22.

Space is limited to 5 attendees. This program will be hosted in person at the Caledon East Branch.

To register or to see if the program is right for you contact Debra at 905-857-1400 ext. 220, or dmann@caledon.library.on.ca for more details.

Funding provided by the Government of Ontario.

Thursday, June 23, 2022

Seniors Month - Chair Yoga (55+) - "Free" Try-It Fitness Class - Southfields Community Centre

Date and Time: Thursday, June 23 1:30 pm - 2:30 pm

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

In Celebration of Seniors Month, we will be hosting free 55+ Try-It fitness classes.

Classes will be drop-in, first come first serve.

Call 3.1.1 for more information.

ROP Adult Day Services - Caregiver Supports - Understanding Personal Expressions

Date and Time: Thursday, June 23 2:00 pm - 3:00 pm

Address: 6311 Old Church Rd.

Region of Peel Adult Day Services Caregiver Supports Education Sessions

Topic: Understanding personal expressions

June 23 at 2 p.m.

[Register for Understanding personal expressions](#)

Mindful Movement, Breath & Meditation - "Free" Try-It ParticipACTION Fitness Class- Southfields Community Centre

Date and Time: Thursday, June 23 2:45 pm - 3:45 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



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In celebration, our recreation department is offering a wide range of activities throughout the month for all residents, you can check out the full listing of activities for all ages [here](#).

Classes will be drop-in, first come first serve.

CPL: Virtual Job Interview Webinar with CCS

Date and Time: Thursday, June 23 6:30 pm

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

Join us to learn about the Teleconferencing/Virtual Interview, topics include:

- Conducting an effective teleconferencing/online interview.
- Using appropriate body language and speaking voice in a virtual interview.
- Answering behavioural questions effectively.

The registration link will be provided closer to the event's date.

This program will be hosted on Zoom.

Friday, June 24, 2022

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, June 24 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, June 24 10:00 am - 4:30 pm

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

Every Friday, Caledon Seniors' Council will host a "Euchre & Bridge" session at St. James Church in Caledon East.

Friendly chats, card games, and guest speakers to enlighten you on various topics.

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

Saturday, June 25, 2022

Caledon East United Church - TRUNK/GARAGE/BAKE Sale

Date and Time: Saturday, June 25 9:00 am - 2:00 pm

Address: 6046 Old Church Road, Caledon East

Caledon East United Church will be having a TRUNK/GARAGE/BAKE Sale on Saturday, June 25th, 9:00 a.m. – 2:00 p.m. on church grounds, 6046 Old Church Road, Caledon East.

If you are interested in being a vendor, please contact Larry Proctor at theproctorslarry@gmail.com. Tables are \$25.00

Bootcamp for Kids- "Free" Try-It ParticipACTION Fitness Class- Southfields Community Centre

Date and Time: Saturday, June 25 12:30 pm - 1:30 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



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In celebration, our recreation department is offering a wide range of activities throughout the month for all residents, you can check out the full listing of activities for all ages [here](#).

Classes will be drop-in, first come first serve.

Palgrave Rotary Music in the Park Concert

Date and Time: Saturday, June 25 1:00 pm - 4:00 pm

Address: Norma Bangay Park, 17 Brawton Drive, Caledon

The Rotary Club of Palgrave is hosting a free "Music in the Park" youth concert between 1-4 pm on Saturday 25th June, 2022 at the Norma Bangay Park, 17 Brawton Drive, Palgrave L0N 1P0.

3 local youth music studios will present an hour concert each to showcase their talents.

Bring a lawn chair or blanket and enjoy a wonderful afternoon of music.

Monday, June 27, 2022

Deepening Community - Nordic Walking Summer 2022

Date and Time: Monday, June 27 10:00 am - 11:00 am

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.

Join us outdoors for 1 hour of Nordic walking around the Palgrave neighbourhood. You will need good walking shoes (boots) and appropriate clothing for the weather (hat recommended). Note activity will be cancelled if inclement weather (icy conditions, snowstorm, heavy rain, thunderstorms). Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines). An indoor washroom is available at the church location but otherwise participants will be outside on the lawn (uneven terrain). There is also a shelter available.

ilable for shade and protection. **Participants should be prepared to walk at least 1 km or longer (moderate fitness level).**

Participants will physically distance from each other and staff. You will be screened prior to the beginning of each session (Please arrive between 9:45 and 10 am to allow enough time to screen all 8 participants). Nordic Poles will be available for your use during each session and will be sanitized after each use.

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email info@palgravekitchen.org or phone 905-880-0303.

Deepening Community - Gentle Outdoor Yoga (Chair)

Date and Time: Monday, June 27 2:00 pm - 3:00 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.

Join us for 1 hour of gentle yoga using a chair (provided). **You will need good walking shoes and appropriate clothing for the weather.** Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines. An indoor washroom is available at the church location and class will be held outside under large white tent (unless extreme weather – thunderstorms).

Participants will physically distance from each other and staff – please self screen prior to participating (do not attend if advised by Public Health).

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email info@palgravekitchen.org or phone 905-880-0303.

CPL: SeniorTech: Our Favourite Websites for Seniors

Date and Time: Monday, June 27 2:00 pm - 3:00 pm

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

It's no surprise that your CPL librarians have lots of suggestions when it comes to finding great content on the Internet. Join us for a tour of our favourite websites and online resources for seniors. Whether you're looking for hobbies, local resources, lifelong learning, or ways to make connections, there's something for everyone online!

This program will be hosted in person at the Southfields Village Branch.

Advance registration required.

Youth Resistance Training Workshop - "Free" Try-It ParticipACTION Workshop -

Southfields Community Centre

Date and Time: Monday, June 27 4:00 pm - 5:00 pm

Address: www.caledon.ca/recprograms or caledon.ca/events



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In celebration, our recreation department is offering a wide range of activities throughout the month for all residents, you can check out the full listing of activities for all ages [here](#).

Workshops will be drop-in, first come first serve.

Tuesday, June 28, 2022

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, June 28 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****

Seniors Month - Zentangle Art Session

Date and Time: Tuesday, June 28 2:00 pm - 4:00 pm

Address: 20 Snelcrest Dr., Caledon ON

Zentangle is a method of drawing patterns to create beautiful images. It is the process of simple lines, drawn repetitively, one stroke at a time, without a planned outcome, without expectations, quietly enjoying the pen marking the paper mindfully focusing on just that action there are no mistakes just opportunities.

Your instructor Yvonne Westover has been practicing art for over 40 years, has a degree in Visual Art, is a Certified Zentangle Teacher and has taught over 3000 students various art mediums. Yvonne knows that adding som

e creative time to your day will allow for a happy distraction that can help reduce stress. Zentangle happens to be her go to practice to turn chaos into calm. Yvonne's no fuss and supportive go with the flow way of teaching allows for each participant to gain confidence in their own creative practice.

No previous art experience is necessary! All materials are included.

FREE for Residents 55+ | Limited Spaces Available

Tuesday June 28, 2022 from 2 p.m. - 4 p.m.

Registration Starts June 13, 2022

caledon.ca/adult55

Wednesday, June 29, 2022

Seniors Month - Bone Builder (55+) "Free" Try - It Fitness Class- Southfields Community Centre

Date and Time: Wednesday, June 29 9:00 am - 10:00 am

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

In Celebration of Seniors Month, we will be hosting free 55+ Try-It fitness classes.

Classes will be drop-in, first come first serve.

Call 3.1.1 for more information

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

Date and Time: Wednesday, June 29 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+

CPL: Craft Club: DIY Line Art

Date and Time: Wednesday, June 29 6:30 pm

Address: Caledon Public Library - Caledon East Branch, 6500 Old Church Rd, Caledon East, ON L7C 0H3

Those in search for their next piece of wall art, look no further! For this month's craft project, channel your inner Picasso, as we will learn how to make line art; a form of illustration using only bold, clean, continuous lines.

This program will be hosted in-person at the Caledon East branch. All supplies will be provided.

Advance registration required,

Thursday, June 30, 2022

Bethell Hospice Foundation Lottery

Date and Time: Thursday, June 30 5:00 am

Address: Bethell Hospice Foundation

Purchase a ticket for a chance to WIN a 2022 Lincoln Corsair, courtesy of Fines Lincoln. Early Bird Draw for a \$1,000 Gas Car will take place on Thursday, June 30, 2022. Grand Prize Draw is Friday, July 29, 2022
Don't miss out! Purchase your tickets on-line now at [bhfcarylotttery.ca](https://calendar.caledon.ca) Tickets 1 for \$30 or 3 for \$75

<https://calendar.caledon.ca>