

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 am CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church 10:00 am CPL: Story Time Live! 1:00 pm Caledon East Seniors Euchre 6:30 pm CPL: Connecting Caledon Seniors Program 7:45 pm Zumba® - Free Try -It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness	2	3 9:30 am CMOW - Senior's Social and Wellness Program - Palgrave 10:00 am Caledon Seniors' Council 5:30 pm Group Cycle- "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness	4 10:00 am Bolton Bicentennial 11:00 am CPL: Writing Workshop Series
5 8:00 am Valleywood Community Wide Garage Sale 10:00 am Inglewood Pollinator Garden Community Planting 1:00 pm Bolton Bicentennial	6 10:00 am CPL: Osmo Tech Time! 10:30 am Stroller Fitness - "Free" Try - It - ParticipACTION Fitness Class- Caledon Centre for Recreation & Wellness (Outdoor) 3:00 pm Teen Yoga- "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness	7 10:00 am Seniors Month - Sit & Get Fit - "Free" Try-It Fitness Class - Albion Bolton Community Centre 10:00 am CMOW - Senior's Social and Wellness Program - Valleywood 11:30 am Classic Cafe for Caledon Village 1:30 pm Seniors Month - Watercolour Workshop with PAMA 7:00 pm Public Meeting: Bolton Core Overlay Zone Area 7:00 pm Public Meeting: 12728 Kennedy Road & 0 Dotchson Road	8 10:00 am CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church 12:00 pm The Ontario Caregiver Organization - After Stroke Support for Caregivers - Online 12:30 pm Classic Cafe for Alton 1:00 pm Caledon East Seniors Euchre 2:00 pm Understanding the Home Care System - Virtual 6:30 pm CPL: Connecting Caledon Seniors Program	9 2:00 pm CPL: Don't Beat Yourself Up: Using Self-Compassion to Combat Stress 6:30 pm CPL: Home Security with the OPP 7:00 pm CPL: Author Visit with Lisa Oatway 7:00 pm CPL: Pride Book Club	10 9:30 am CMOW - Senior's Social and Wellness Program - Palgrave 10:00 am Caledon Seniors' Council 11:30 am Caledon East Classic Cafe 1:00 pm Yoga - "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness 3:00 pm Youth Resistance Training Workshop - "Free" Try-It ParticipACTION Workshop - Caledon Centre for Recreation and Wellness 6:00 pm Just Like Under the Big Top	11 10:00 am Family Zumba® "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness 11:00 am CPL: Writing Workshop Series 11:00 am Dufferin County Multicultural Event
12 3:00 pm THE AHMADIYYA MUSLIM WOMEN'S	13 9:30 am Seniors Month - Zumba® 55+ - "Free" Try-It Fitness Class -	14 7:30 pm Family Zumba® "Free" Try-It ParticipACTION	15 10:00 am CMOW - Senior's Social and Wellness Program - Cheltenham Baptist	16 6:30 pm CPL: Cricut 101: Summer Wine Glass	17 9:30 am CMOW - Senior's Social and Wellness Program -	18

ASSOCIATION OF CANADA PRESENTS; AN INTERFAITH PEACE SYMPOSIUM: Religion is the Solution to the world's problems - AN INTERFAITH PEACE SYMPOSIUM	Southfields Community Centre	Fitness Class- Albion Bolton Community Centre	Church 1:00 pm Caledon East Seniors Euchre 3:00 pm CPL: SeniorTech: Chromebook Drop-In 5:30 pm MILL STREET CLASS ENVIRONMENTAL ASSESSMENT STUDY 6:30 pm CPL: Connecting Caledon Seniors Program		Palgrave 10:00 am Caledon Seniors' Council 2:00 pm Seniors Month - CSC - Afternoon Strawberry Social & Entertainment 3:00 pm How to Set a S.M.A.R.T. Fitness Goal Workshop - "Free" Try - It ParticipACTION Fitness Workshop- Caledon Centre for Recreation and Wellness	
19	20 10:00 am Deepening Community - Nordic Walking Summer 2022 2:00 pm Deepening Community - Gentle Outdoor Yoga (Chair) 6:30 pm Yoga for Runners- "Free" Try-It ParticipACTION Fitness Class- Caledon Centre for Recreation and Wellness	21 10:00 am CMOW - Senior's Social and Wellness Program - Valleywood 12:00 pm Healthy Ageing 101: Ageing with Pride: Understanding the unique needs and ways to support 2SLGBTQIA+ seniors - Virtual 6:30 pm CPL: Watercolour Workshop with PAMA 7:30 pm Yoga in The Park - "Free" Try-It ParticipACTION Outdoor Fitness Class- Lloyd Wilson Park	22 9:00 am Walk for Wellness 10:00 am CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church 1:00 pm Caledon East Seniors Euchre 2:00 pm Seniors Month - Forever Fit (55+) - "Free" Try - It Fitness Class - Southfields Community Centre 6:30 pm CPL: Connecting Caledon Seniors Program	23 1:30 pm Seniors Month - Chair Yoga (55+) - "Free" Try-It Fitness Class - Southfields Community Centre 2:00 pm ROP Adult Day Services - Caregiver Supports - Understanding Personal Expressions 2:45 pm Mindful Movement, Breath & Meditation - "Free" Try-It ParticipACTION Fitness Class- Southfields Community Centre 6:30 pm CPL: Virtual Job Interview Webinar with CCS	24 9:30 am CMOW - Senior's Social and Wellness Program - Palgrave 10:00 am Caledon Seniors' Council	25 9:00 am Caledon East United Church - TRUNK/GARAGE/BAKE Sale 12:30 pm Bootcamp for Kids- "Free" Try-It ParticipACTION Fitness Class- Southfields Community Centre 1:00 pm Palgrave Rotary Music in the Park Concert
26	27 10:00 am Deepening Community - Nordic Walking Summer 2022 2:00 pm Deepening Community - Gentle Outdoor Yoga (Chair) 2:00 pm CPL: SeniorTech: Our Favourite Websites for Seniors 4:00 pm Youth Resistance Training Workshop -	28 10:00 am CMOW - Senior's Social and Wellness Program - Valleywood 2:00 pm Seniors Month - Zentangle Art Session	29 9:00 am Seniors Month - Bone Builder (55+) "Free" Try - It Fitness Class- Southfields Community Centre 10:00 am CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church 6:30 pm CPL: Craft Club: DIY Line Art	30 5:00 am Bethell Hospice Foundation Lottery		

	"Free" Try-It ParticipACTION Workshop - Southfields Community Centre					
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<https://calendar.caledon.ca>