

Tuesday, June 3, 2025

Seniors Month - Paint and Sip with Caring Touch Home Health

Date and Time: Tuesday, June 3 2:00 pm - 4:00 pm

Address: 6215 Old Church Road, Caledon East

Paint and Sip with Caring Touch Home Health Care | Age-Friendly Caledon

Join [Caring Touch Home Health Care](#) for a fun and relaxing Paint & Sip event! Enjoy a guided, beginner-friendly painting session, sip on delicious non-alcoholic mocktails, and indulge in light snacks while creating your masterpiece. It's the perfect way to unwind, socialize, and get creative with friends!

Caring Touch Home Health Care offers Personal Support Work, Nursing, Live-In Care, and Physiotherapy to help individuals live comfortably at home. We also provide medical supplies and equipment and run the Flourish Adult Day Program in Vaughan to support seniors' well-being. Our compassionate team is dedicated to enhancing independence, dignity, and quality of life of seniors.

Date: June 3, 2025

Time: 2:00 PM – 3:00 PM

Location: Caledon East Community Complex – Banquet Hall A ([6215 Old Church Road](#))
Registration Required

No experience needed—just bring your enthusiasm! Reserve your spot today!

[Click Here to Register](#)

Wednesday, June 4, 2025

Community Traffic Safety Meeting - Bolton

Date and Time: Wednesday, June 4 6:00 pm - 8:00 pm

Address: 14111 Regional Road 50, Bolton, Ontario, Canada L7E 2V2

The Town of Caledon is focused on improving driver and pedestrian safety on roads within the community. The Town is hosting Community Traffic Safety meeting to address concerns and provide updates.

- Wednesday, June 4, 2025 from 6:00 to 8:00 p.m. – Caledon Centre for Recreation and Wellness, 14111 Regional Road 50, Bolton

Learn about traffic safety in these areas from Town of Caledon, Region of Peel and the Ontario Provincial Police (OPP). Please come with your questions.

For more information, please visit [caledon.ca](https://www.caledon.ca).

Friday, June 6, 2025

Seniors Month - Healthy Aging Series for Seniors with Dr. Shilpi Gupta

Date and Time: Friday, June 6 1:00 pm - 2:30 pm

Address: 150 Queen Street, Bolton

This series explores a different topic each week using research and evidence-based approaches to empower adults on their journey towards healthy aging.

Dates: June 6, 13, 20, 27, July 4

Time: 1 – 2:30 p.m.

Location: Albion Bolton Library Branch

[Click here to Register](#)

Saturday, June 7, 2025

Bike The Creek

Date and Time: Saturday, June 7 8:00 am

Address: 292 Conestoga Drive

<https://www.eventbrite.ca/e/bike-the-creek-2025-tickets-1221011952619>

The Princess Margaret Ride to Conquer Cancer

Date and Time: Saturday, June 7 8:00 am - 6:00 pm

Address: Toronto - Niagara

“The annual Ride to Conquer Cancer is taking place again this year! The Ride is a unique two-day cycling fundraiser happening on June 7th and 8th 2025, during which 4000+ participants will cycle over 200 kilometers between the City of Toronto and the Town of Niagara-on-the-Lake.

This year we are celebrating 18 years of contributions to life-changing cancer research, with over \$300 million raised for The Princess Margaret Cancer Centre.

For more information, please visit ride2conquer.ca

INTERESTED IN VOLUNTEERING?

Every Summer, we depend on hundreds of passionate people who roll up their sleeves and volunteer to help ma

ke The Ride a success. Every Ride helps transform the way we look at cancer here in Canada and around the world. With your help, we can conquer Cancer in Our Lifetime.

If you would like to volunteer or know anyone who would be interested in volunteering at this event, you can follow this link to register: <https://pmcfvolunteer.rosterfy.com/>”

Seniors Month - Hiking 101 with Caledon Hills Bruce Trail Club

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

Address: 35 Station Street, Alton

Enjoy a stunning visual presentation, hiking tips, book giveaways and join in the fun of a guided nature hunt. Learn about local trails and Canada's famous 900 km Bruce Trail.

Date: June 7

Time: 1 – 3 p.m.

Location: Alton Community Room, Alton Library Branch

[Click here to Register](#)

Monday, June 9, 2025

Seniors Month - Senior Shopping Event at Evolve | Caledon Community Services

Date and Time: Monday, June 9 10:00 am - 12:00 pm

Address: 4 Industrial Road, Bolton

Seniors Shopping Event at Evolve | Caledon Community Services

Join Caledon Community Services at **Evolve** for a special **Seniors Shopping Event!** Residents **55+** will enjoy an exclusive **50% off** all items in-store during this time. It's the perfect opportunity to shop, save, and connect with the community. Don't miss out on great deals and a chance to support a meaningful cause. Spread the word and bring a friend!

Date: June 9, 2025

Time: 10 a.m. – 12 p.m.

Location: Evolve Caledon ([4 Industrial Road, Bolton](#))

Need a ride? Call 905-584-2300 x.221

Tuesday, June 10, 2025

Seniors Month - Eat Local Caledon! With PUCK and ecoCaledon

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

Address: 34 Pine Ave. Caledon

Eat Local Caledon! With PUCK and ecoCaledon | Age-Friendly Caledon

Join us for the third annual Eat Local Caledon! with [Palgrave United Community Kitchen](#) (PUCK) and [ecoCaledon](#). Participants will get a free locally sourced lunch made fresh on site while learning about tips on where to shop and eat locally.

Palgrave Community Kitchen is a Peel Health certified kitchen available for rent by groups, clubs and individuals. PUCK regularly partners with ecoCaledon, a local nonprofit organization championing climate action in the Town of Caledon. In conjunction with their partners - they aim to EDUCATE Caledon residents on environmental issues, EMPOWER our community to take individual and collective action, ADVOCATE for better policy and bold climate initiatives, and PARTNER with others working on climate solutions.

Date: June 10, 2025

Time: 12 – 2 p.m.

Location: Palgrave United Community Kitchen ([34 Pine Ave, Palgrave](#))

Registration Required

To register, please email adult55@caledon.ca or call 905-584-2272 x.4106. Upon registering, please advise if you have any food or dietary restrictions.

Seniors Month - African Drumming Performance and Lunch with Vision of Hope Resource Centre

Date and Time: Tuesday, June 10 12:30 pm - 2:00 pm

Address: 225 Dougall Ave, Caledon

African Drumming Performance and Lunch with Vision of Hope Resource Centre | Age-Friendly Caledon

Join [Vision of Hope Resource Centre](#) (VOHRC) for a 30-minute African drumming session led by professional drummers, offering a cultural experience. Participants will also enjoy a free African-style lunch, providing a taste of traditional flavors. Beyond the performance and food, attendees will have the opportunity to connect, socialize, and learn more about VOHRC's services while deepening their understanding of African culture.

Vision of Hope Resource Centre, a B3 organization, our mission is to empower underserved communities by providing access to education, resources, and support that promote long-term well-being and self-efficacy.

Date: June 10, 2025

Time: 12:30 – 2 p.m.

Location: Southfields Community Centre – Community Room ([225 Dougall Ave, Caledon](#))

Registration Required

Please advise if you have any food or dietary restrictions by emailing adult55@caledon.ca or calling 905-584-2272 x.4106

[Click Here to Register](#)

Wednesday, June 11, 2025

Community Traffic Safety Meeting - Alton Legion

Date and Time: Wednesday, June 11 6:00 pm - 8:00 pm

Address: 1267 Queen Street West, Alton, ON

The Town of Caledon is focused on improving driver and pedestrian safety on roads within the community. The Town is hosting Community Traffic Safety meeting to address concerns and provide updates.

- Wednesday, June 11, 2025 from 6:00 to 8:00 p.m. – Alton Legion, 1267 Queen Street West

Learn about traffic safety in these areas from Town of Caledon, Region of Peel and the Ontario Provincial Police (OPP). Please come with your questions.

For more information, please visit caledon.ca.

Thursday, June 12, 2025

Seniors Month - Coffee and Crafting for Seniors - Pressed Flowers

Date and Time: Thursday, June 12 2:30 pm - 3:30 pm

Address: 225 Dougall Ave, Caledon

Join the library in creating a special craft in honour of Senior's month! Coffee will be provided. *ALLERGY ALERT*

Date: June 12

Time: 2:30 - 3:30 p.m.

Location: Southfields Village Branch - Learning Lounge

[Click Here to Register](#)

Seniors Month - Yoga - Try-It

Date and Time: Thursday, June 12 7:30 pm - 8:30 pm

Address: 6215 Old Church Road, Caledon East

In Celebration of Seniors Month join us to try Yoga.

Movements to increase flexibility, balance, posture, and breath control. Helps relieve stress and tension.

Thursday June 12 | 7:30 p.m. at Caledon East Community Complex

[Click Here to Learn More](#)

Friday, June 13, 2025

Seniors Expo and Springfest Luncheon

Date and Time: Friday, June 13 10:00 am - 3:00 pm

Address: 340 Vodden St E, Brampton, ON L6V 2N2

Adults aged 55+ are invited to a special event in honour of June is Seniors month. Visit the expo and learn about programs and services available to seniors in our community. Then join us for a social afternoon with a catered luncheon and entertainment provided by a DJ.

Seniors Month - Healthy Aging Series for Seniors with Dr. Shilpi Gupta

Date and Time: Friday, June 13 1:00 pm - 2:30 pm

Address: 150 Queen Street, Bolton

This series explores a different topic each week using research and evidence-based approaches to empower adults on their journey towards healthy aging.

Dates: June 6, 13, 20, 27, July 4

Time: 1 – 2:30 p.m.

Location: Albion Bolton Library Branch

[Click here to Register](#)

Saturday, June 14, 2025

Velocity Ride for Seniors

Date and Time: Saturday, June 14 7:30 am - 2:00 pm

Address: Caledon East Park 6101 Old Church Rd, Caledon East, ON L7C 1G6

Pedal into Caledon Day with a ride for all ages at any speed.

Ride scenic 10, 25, 50 or 100 km routes, check our NEW gravel routes or chart your own path to fuel life-changing services for Caledon seniors.

[Visit \[ccsvelocity.ca\]\(https://ccsvelocity.ca\) to register](#)

Plus enjoy: lunch, nourishing rest stops, prizes, swag table, event t-shirt and more!



Caledon Day

Date and Time: Saturday, June 14 2:00 pm - 10:00 pm

Address: Caledon East Community Complex - 6215 Old Church Rd, Caledon East, ON L7C 1J7

The Town of Caledon is excited to present the 16th annual Caledon Day on Saturday, June 14, 2025 at the Caledon East Community Complex.

Connecting our communities since 2008, this free community event brings together the best of Caledon and provides an opportunity to celebrate together as a community!

Join us from 2 to 10 p.m. on June 14 for family fun including kid's activities, local vendors, musical acts, fireworks and more

Headlining the festivities is the two-time Juno award winning band that masterfully blends folk, rock, and pop into anthems that resonate across generations, [The Strumbellas](#)! This Canadian group is best known for their chart-topping hit 'Spirits'. The Strumbellas recently released a new album 'Part Time Believer' in February 2024.

Continuing the tradition, Caledon Community Services will host Velocity, its annual cycling event, at Caledon East Park on Saturday, June 14, 2025. This event, aimed at raising funds to support Caledon Seniors, offers scenic rides suitable for the whole family, with four routes catering to various experience levels. To learn more and register, visit ccsvelocity.ca.

Monday, June 16, 2025

Seniors Month - Body in Balance - Try-It

Date and Time: Monday, June 16 10:45 am - 11:45 am

Address: 6215 Old Church Road, Caledon East

In celebration of Seniors Month, join us to try Body in Balance. A gentle barefoot class that includes balance and

d postural work through dynamic stretching. The focus is on joint stability using various equipment such as stability balls, light hand weights etc. Some mat work.

Monday June 16 | 10:45 a.m. | Caledon East Community Complex

[Click Here to Learn More](#) or inquire at a customer service desk.

Seniors Month - Sing Yourself Healthy with Julia's Place Music Therapy

Date and Time: Monday, June 16 1:00 pm - 2:00 pm

Address: 6215 Old Church Road, Caledon East

Discover the joy and health benefits of singing in this lively, interactive session designed especially for Seniors.

No musical experience? No problem Just bring your voice and your enthusiasm.

Date: June 16

Time: 1 – 2 p.m.

Location: Caledon East Library Branch

[Click here to Register](#)

BPW Brampton Caledon Charity Golf Tournament 2025

Date and Time: Monday, June 16 5:30 pm - 9:05 pm

Address: 15731 Regional Road 50, Caledon, ON L7E 3H9

BPW BRAMPTON CALEDON GOLF EVENT

MONDAY, JUNE 16, 2025

at Glen Eagle Golf Club located at

15731 Regional Road 50, Caledon, ON L7E 3H9

REGISTER FOR OUR TOURNAMENT

BEFORE MONDAY, MAY 1, 2025

TO BE IN OUR EARLY BIRD DRAW

TO HAVE YOUR DAY PAID FOR.

PLEASE FOLLOW LINKS BELOW TO

BPW Brampton Caledon Ladies Golf Tournament Registration Form

BPW Brampton Caledon Ladies Golf Tournament Golf Hole Sponsorship Form

BPW Brampton Caledon Ladies Golf Tournament Golf Prize Donation Form

For Online Registration, please follow:

<https://bpwbrampton.com/annual-ladies-charity-golf-tournament/>

Hello Ladies!

BPW Brampton Caledon is excited to announce our

2025 Ladies Charity Golf Tournament!

THINK GREEN!!! THINK BIRDIES!!!

THINK SHOPPING!!! THINK FUN!!!

- **This is a 9 hole BEST BALL tournament including lunch and dinner along with raffle prizes, live auction and vendor tables.**
- **We are once again supporting local charitable organizations that need your support.**
- **If you are able to donate a prize, we will acknowledge you in our brochure (follow link above for the Golf Prize Donation Form).**
- **We are also looking for Hole Sponsorship so that you can show your support and advertise your company to our golfers (follow link above for the Golf Hole Sponsorship Form).**
- **We have openings for 144 lady golfers and we also have dinner only options so please consider joining us even if you do not want to golf!**
- **This is a fun filled day of great golf, great food and great networking!!**
- **This is a ladies only tournament so we encourage beginners and those who have never golfed before – you will enjoy yourself.**

This summer - *think golf, think of BPW's tournament.*

We look forward to seeing you on the greens!

Tuesday, June 17, 2025

Seniors Month - Country Line Dance Party and Luncheon with Caledon Meals on Wheels

Date and Time: Tuesday, June 17 12:00 pm - 3:00 pm

Address: 6215 Old Church Road, Caledon East

Country Line Dance Party and Luncheon with Caledon Meals on Wheels | Age-Friendly Caledon

Join CMOW in celebrating Seniors Month with a fun-filled Country Line Dance Party & Luncheon!

Registered residents will enjoy a FREE, delicious lunch, followed by an energetic, guided line dance session led by an experienced instructor. Whether you're a seasoned dancer or stepping onto the dance floor for the first time, this event is a wonderful opportunity to stay active, make new friends, and enjoy great food in a welcoming atmosphere.

Put on your best Western wear for a chance to win a prize, and get ready for an afternoon of celebration, connection, and dancing! With lively music, great company, and plenty of fun, this is an event you won't want to miss. Saddle up and join the festivities!

Caledon Meals on Wheels (CMOW) is a volunteer-driven, not-for-profit organization dedicated to supporting seniors and individuals with disabilities in Caledon, Orangeville, and surrounding communities through essential programs and services.

Date: June 17, 2025

Time: 12 – 3 p.m.

Location: Caledon East Community Complex – Banquet Hall ([6215 Old Church Road](#))

Registration Required

Please advise if you have any food or dietary restrictions by emailing adult55@caledon.ca or calling 905-584-2272 x.4106

[Click Here to Register](#)

Thursday, June 19, 2025

Seniors Month - Celebrate the Cultural Diversity of South Asian Countries | Malton Women Council

Date and Time: Thursday, June 19 11:00 am - 1:00 pm

Address: 225 Dougall Ave, Caledon

Celebrate the Cultural Diversity of South Asian Countries | Malton Women Council

Experience the vibrant traditions, rich heritage, and remarkable contributions of South Asian cultures at this exciting event! Through captivating storytelling, lively music, and dynamic dance performances, we'll bring history and traditions to life. Engage in interactive activities designed to entertain, educate, and foster inclusivity, creating a welcoming space for our senior community members to celebrate, connect, and enjoy a culturally enriching experience. Join us for a day of joy, learning, and cultural appreciation!

Malton Women Council is a registered non-profit organization based in Mississauga, Canada, dedicated to uplifting and empowering women from all walks of life. Guided by their vision—**Empowered Women, Empowered Communities**—they strive to create a supportive environment where women can access resources, build skills, and develop the confidence to lead, grow, and contribute meaningfully to society.

Date: June 19, 2025

Time: 11 a.m. – 1 p.m.

Location: Southfields Community Centre ([225 Dougall Ave, Caledon](#))

Registration not required

Seniors Month - Nordic Pole Walking - Try-It

Date and Time: Thursday, June 19 12:00 pm - 1:00 pm

Address: 6215 Old Church Road, Caledon East

In Celebration of Seniors Month join us to try Nordic Pole Walking.

Nordic Pole Walking is a low impact, full body exercise that incorporates upper and lower body movements. This workout helps build endurance, strength and coordination while reducing joint stress. A great way to boost your overall fitness and well-being and is suitable for all fitness levels. Poles will be provided.

Thursday June 19 | 12 p.m. at Caledon East Community Complex

[Click Here to Learn More](#)

Friday, June 20, 2025

"FIT FOR LIFE" WELLNESS EXPO

Date and Time: Friday, June 20 9:30 am - 6:00 pm

Address: Rotary Place, 7 Rotarian Way, Bolton, ON

JOIN US at the Caledon Seniors Centre for the FIT FOR LIFE WELLNESS EXPO and discover an event focused on health, wellness, and lifestyle solutions tailored for today's mature adults. Drop in anytime between 9:30a

m to 12pm for this FREE event! Visit with exhibitors, guest speakers prizes, refreshments, and much MORE!

Seniors Month - Healthy Aging Series for Seniors with Dr. Shilpi Gupta

Date and Time: Friday, June 20 1:00 pm - 2:30 pm

Address: 150 Queen Street, Bolton

This series explores a different topic each week using research and evidence-based approaches to empower adults on their journey towards healthy aging.

Dates: June 6, 13, 20, 27, July 4

Time: 1 – 2:30 p.m.

Location: Albion Bolton Library Branch

[Click here to Register](#)

Tuesday, June 24, 2025

Summit on Aging | Peel Council on Aging

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

Address: 6215 Old Church Road, Caledon East

Summit on Aging | Peel Council on Aging

Join Us for the 2025 Summit on Aging in Caledon!

The Summit on Aging is the premier annual event hosted by the Peel Council on Aging (PCoA), bringing together thought leaders, advocates, and community members to shape the future of aging in the Region of Peel. Rotating across the region each spring, this highly anticipated gathering has previously been held in Brampton (2023) and Mississauga (2024)—and in 2025, Caledon will proudly host the summit in partnership with the Town of Caledon.

As a champion for positive aging, the PCoA is dedicated to enhancing the health, well-being, and social participation of older adults while driving meaningful change in policies and programs that support their evolving needs.

Date: June 24, 2025

Time: 10 a.m. – 4 p.m.

Location: Caledon East Community Complex – Banquet Hall ([6215 Old Church Road](#))

[Click here to learn more or to register](#)

Email: pcoa@peelseniorlink.ca

Phone: 905-712-4413 x.350

Wednesday, June 25, 2025

Seniors Month - Chair Yoga - Try It

Date and Time: Wednesday, June 25 2:00 pm - 3:00 pm

Address: 225 Dougall Ave, Caledon

In Celebration of Seniors Month join us to try Chair Yoga.

Reduce stress and joint strain with modified sitting and optional standing yoga poses that will help improve a sense of calm, balance, flexibility, strength and concentration.

Wednesday June 25 | 2 p.m. at Southfields Community Centre

Friday June 30 | 12 p.m. at Caledon East Community Complex

[Click Here to Learn More](#)

Caledon Community Services 2024/2025 Annual General Meeting

Date and Time: Wednesday, June 25 7:00 pm - 9:00 pm

Address: Humber River Centre, 28 Ann St, Bolton, ON L7E 1B9

Join us for **Caledon Community Services' 2024/2025 Annual General Meeting**

Wednesday, June 25, 2025 at 7:00 pm at the Humber River Centre, 28 Ann St. Bolton, ON L7E 1B9

Come and hear **Captain (Ret'd) Kevin Junor**, a 2025 King Charles III Coronation Medal Honoree speak about the community from his lens as a trailblazing leader with almost 40 years of service in the Canadian Arms Forces Reserves. Capt Junor was a Regimental Sergeant Major of the Toronto Scottish Regiment, he later became a commissioned officer in the Queen's Own Rifles. Kevin is an Order of Ontario recipient with demonstrated commitment to community wellbeing, diversity, inclusion, and preserving military history.

Light refreshments will be served.

Thursday, June 26, 2025

Seniors Month - Afternoon Strawberry Social with Caledon Seniors Centre

Date and Time: Thursday, June 26 2:00 pm - 4:00 pm

Address: 7 Rotarian Way, Bolton

Afternoon Strawberry Social with Caledon Seniors Centre | Age-Friendly Caledon

Join us for a delightful **Afternoon Strawberry Social** in partnership with the **Caledon Seniors Centre**! Indulge in a slice of **homemade cake** topped with **fresh strawberries and cream** and enjoy a warm cup of **tea or coffee** while socializing with friends. Sit back and relax with **live entertainment**, making for a truly enjoyable afternoon. Don't miss this sweet and social gathering—we can't wait to see you there!

The Caledon Seniors Centre is a non-profit organization dedicated to enhancing the well-being of older adults through a variety of social, recreational, and wellness programs. The Centre offers a welcoming environment where seniors can stay active, learn new skills, and connect with others in the community. With a focus on promoting healthy aging, the Centre provides opportunities for physical activity, creative expression, and social engagement, while also offering volunteer options to give back to the community. Committed to fostering a sense of belonging and support, the Caledon Seniors Centre is a vibrant hub where older adults can thrive and build meaningful connections.

Date: June 26, 2025

Time: 2 – 4 p.m.

Location: Rotary Place Bolton ([7 Rotarian Way, Bolton](#))

Please call the Caledon Seniors Centre at 905-951-6114 to reserve your seats, limited spaces available.

Indigenous Storytelling and Poetry by Gimaa R. Stacey Laforme

Date and Time: Thursday, June 26 6:00 pm - 7:00 pm

Address: 28 Ann St, Bolton, ON L7E 1B9

Join us for an evening of Indigenous Storytelling and Poetry by Gimaa R. Stacey Laforme

During National Indigenous History Month, you are invited to join us for an evening featured celebrated poet and storyteller, Gimaa R. Stacey Laforme. Hear selected readings from his latest book, *“Love, Life, Loss and a Little Bit of Hope”* and previous work. Gain insights into the power of poetry as art and join us as we celebrate Indigenous storytelling. Q&A to follow

Thursday June 26, 2025

6-7pm, Humber River Centre

Free, refreshments available

Hosted by the Town of Caledon and IDEA Caledon

An Evening of Indigenous Story Telling and Poetry

Date and Time: Thursday, June 26 6:00 pm - 7:00 pm

Address: 28 Ann St, Bolton, ON L7E 1B9

During National Indigenous History Month, you are invited to join us for an evening featuring celebrated poet and storyteller, Gimaa R. Stacey Laforme. Hear selected readings from his latest book, *Love, Life, Loss and a Little Bit of Hope*, and previous work. Gain insights into the power of poetry as art, and join us as we celebrate Indigenous storytelling. Q&A to follow. Refreshments available

Friday, June 27, 2025

Seniors Month - Healthy Aging Series for Seniors with Dr. Shilpi Gupta

Date and Time: Friday, June 27 1:00 pm - 2:30 pm

Address: 150 Queen Street, Bolton

This series explores a different topic each week using research and evidence-based approaches to empower adults on their journey towards healthy aging.

Dates: June 6, 13, 20, 27, July 4

Time: 1 – 2:30 p.m.

Location: Albion Bolton Library Branch

[Click here to Register](#)

Seniors Month - Zentangle Workshop 101 for Seniors

Date and Time: Friday, June 27 2:00 pm - 4:00 pm

Address: 150 Queen Street, Bolton

[Click here to Register](#)

Zentangle Workshop 101 for Seniors

This 2-hour class is where your Zentangle journey begins. We will discuss the philosophy of Zentangle. You will learn the elemental strokes and the 8 basic steps as you create your very first tile. This class is a prerequisite for all of the more advanced classes. A mini-kit of supplies is included!

Date: June 27

Time: 2 – 4 p.m.

Location: Albion Bolton Library Branch

[Click here to Register](#)

Saturday, June 28, 2025

Seniors Month - Qi Gong - Try-It

Date and Time: Saturday, June 28 1:30 pm - 2:30 pm

Address: 225 Dougall Ave, Caledon

In Celebration of Seniors Month join us to try Qi Gong.

Slow, calm breath combined with focus on mindful movements that will help develop posture, balance, coordination, muscular strength and endurance.

Saturday June 28 | 1:30 p.m. at Southfields Community Centre

[Click Here to Learn More](#)

Monday, June 30, 2025

Seniors Month - Chair Yoga - Try It

Date and Time: Monday, June 30 12:00 pm - 1:00 pm

Address: 225 Dougall Ave, Caledon

In Celebration of Seniors Month join us to try Chair Yoga.

Reduce stress and joint strain with modified sitting and optional standing yoga poses that will help improve a sense of calm, balance, flexibility, strength and concentration.

Wednesday June 25 | 2 p.m. at Southfields Community Centre

Friday June 30 | 12 p.m. at Caledon East Community Complex

[Click Here to Learn More](#)

<https://calendar.caledon.ca>