

Wednesday, July 2, 2025

Introduction to Diabetes & Pre-Diabetes

Date and Time: Wednesday, July 2 5:00 pm - 7:00 pm

Address: Caledon Specialist Clinic, 18 King St E, unit L9

JOIN THE DUFFERIN AREA FAMILY HEALTH TEAM FOR A FREE, IN-PERSON, CLASS TO LEARN ABOUT THE BASICS OF DIABETES. NO REFERRAL IS REQUIRED. PLEASE CALL TO REGISTER.

We will cover:

- What is diabetes and prediabetes?
- Healthy eating for diabetes.
- Lifestyle management.
- Diabetes medications.
- What does diabetes care look like?

This class is designed for those who:

- Have recently been diagnosed with diabetes or prediabetes
- Would like a refresher on diabetes
- Those who are caring for someone with diabetes

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- Have recently been diagnosed with diabetes or prediabetes
- Would like a refresher on diabetes
- Those who are caring for someone with diabetes

Thursday, July 3, 2025

Music in the Park

Date and Time: Thursday, July 3 6:00 pm - 8:00 pm

Address: Dennison Park (70 Learmont Avenue, Southfields Village Caledon)

Live Music Every **Thursday Night**, At **Dennison Park**. All Summer Long!

- 6 - 7 p.m. - Barry & Bass (Pop Music)
- 7 - 8 p.m. - Vaibhav Bhambra (Classics/Bollywood)



Friday, July 4, 2025

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

Date and Time: Friday, July 4 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 adul

ts 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](#)

Thursday, July 10, 2025

Music in the Park

Date and Time: Thursday, July 10 6:00 pm - 8:00 pm

Address: Dennison Park (70 Learmont Avenue, Southfields Village Caledon)

Live Music Every **Thursday Night**, At **Dennison Park**. All Summer Long!

- 6 - 7 p.m. - The Trio Kings (Pop Music)
- 7 - 8 p.m. - Irie Vibes (Ska/Reggae/Jazz)



Friday, July 11, 2025

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, July 11 9:30 am - 11:30 am

Address: 6311 Old Church Road

Food and Friends: 55+ Social Breakfast Program

Join us for a **FREE** breakfast, connect with fellow older adults, and enjoy a welcoming space where you can make new friends, share stories, and build community.

Breakfast will take place Fridays at Town Hall in the Cafe (6311 Old Church Road, Caledon East) and run from 9:30 - 11:30 a.m.

Registration is required. [Click Here to Register](#)

Session 1: Runs weekly from July 11, 2025 until August 15, 2025 - Registration opens on June 2, 2025 and is required by July 4, 2025.

****Please note that you must register for each individual breakfast you would like to attend.****

This initiative is funded in part by the Government of Canada's New Horizons for Seniors Program.

Sunday, July 13, 2025

Summer Sizzler Golf Tournament

Date and Time: Sunday, July 13 2:00 pm - 5:30 pm

Address: 29 A Hartford Trail, Brampton ON L6W 4K2

Tee up for the annual golf tournament at Peel Village Golf Course. Enjoy friendly on-course competitions, dinner and more!

Tuesday, July 15, 2025

CSC - Lunch & Learn

Date and Time: Tuesday, July 15 11:00 am - 1:00 pm

Address: 7 Rotarian Way, Bolton, ON

The Caledon Seniors Centre at Rotary Place in Bolton is having a Lunch & Learn with W holidays for 2025-2026 trips. This event will be held from 11am to 1pm. This also includes a Dumpling making demonstration where you'll learn to make traditional dumplings. Limited spaces available. Call the centre at 905-951-6114 to reserve.

ve your seat.

Wednesday, July 16, 2025

CSC - Special Lunch

Date and Time: Wednesday, July 16 11:45 am - 1:00 pm

Address: 7 Rotarian Way, Bolton, ON

The Caledon Seniors Centre at Rotary Place in Bolton is having a Special Lunch - dine-in or take-out. The menu is BBQ burgers, hot dogs, salads, french fries and ice-cream sandwich dessert. Cost is \$11. Pick-up time is 11:45 am, dine-in served at 12:00 pm. Local delivery is available for \$2. Order deadline is Monday July 14. Call the Centre at 905-951-6114 to place your order.

Thursday, July 17, 2025

Music in the Park

Date and Time: Thursday, July 17 6:00 pm - 8:00 pm

Address: Dennison Park (70 Learmont Avenue, Southfields Village Caledon)

Live Music Every **Thursday Night**, At **Dennison Park**. All Summer Long!

- 6 - 7 p.m. - The Accidental Paradise Band (Country Rock/Blues)
- 7 - 8 p.m. - Molly B (60's-2000's)

MUSIC in the Park



Downsizing And Lifestyles Information Event

Date and Time: Thursday, July 17 7:00 pm - 10:00 pm

Address: 9 Zimmerman Dr, Caledon ON L7E 4C2

JOIN US FOR A FREE DOWNSIZING SEMINAR! PLEASE CALL OR E-MAIL TO RSVP.

Are you or a loved one thinking about selling your home, simplifying your lifestyle, and moving into something more manageable-like a condo, a townhome with an elevator, or a mature adult community such as Legacy Pines in Palgrave?

- Meet with an estate planning lawyer, estate financial planner, mortgage expert and more
- Learn about your options-including reverse mortgages, estate planning, and investing proceeds from your home sale
- Ask questions, get answers, and meet others going through the same journey

Friday, July 18, 2025

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, July 18 9:30 am - 11:30 am

Address: 6311 Old Church Road

Food and Friends: 55+ Social Breakfast Program

Join us for a **FREE** breakfast, connect with fellow older adults, and enjoy a welcoming space where you can make new friends, share stories, and build community.

Breakfast will take place Fridays at Town Hall in the Cafe (6311 Old Church Road, Caledon East) and run from 9:30 - 11:30 a.m.

Registration is required. [Click Here to Register](#)

Session 1: Runs weekly from July 11, 2025 until August 15, 2025 - Registration opens on June 2, 2025 and is required by July 4, 2025.

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This initiative is funded in part by the Government of Canada's New Horizons for Seniors Program.

Sunday, July 20, 2025

National Drowning Prevention Week 2025

Date and Time: Sunday, July 20 12:00 am - 11:55 pm

Address: Various

We're diving into **National Drowning Prevention Week** with a splash of **fun, facts, and fitness**—and you're invited to take part!

Meet Buddy the Lifeguard Dog

Catch Caledon's favourite four-legged lifeguard at **Southfields Community Centre** on **July 15 & 16** during evening **swim lessons** and **public swim**. Buddy will be making waves and helping share important water safety tips. Stop by, say hi, and grab a photo!

Swim for a Cause: 500 for 500

Help us reach our goal of **500 swimmers each completing 500 metres** during our **Fitness Swim drop-ins** throughout the week. Whether you're just getting started or a seasoned lap swimmer, every metre helps promote water safety and build stronger swimmers in our community.

Lifejacket Clinics + Water Safety Activities

Join us for **interactive water safety events**, including lifejacket fittings and tips on how to stay safe in and around the water:

- **July 21 | 1:00–2:15 p.m.** | Southfields Community Centre
- **July 23 | 8:00–8:55 p.m.** | Caledon East Community Complex

- **July 25 | 6:35–8:00 p.m.** | Caledon Centre for Recreation and Wellness

Whether you're learning to float or training for distance, your participation supports drowning prevention and honours lives lost. Together, let's build a safer Caledon—one swimmer at a time.

Learn more and find drop-in schedules at caledon.ca/swimming

Monday, July 21, 2025

National Drowning Prevention Week 2025

Date and Time: Monday, July 21 12:00 am - 11:55 pm

Address: Various

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Tuesday, July 22, 2025

National Drowning Prevention Week 2025

Date and Time: Tuesday, July 22 12:00 am - 11:55 pm

Address: Various

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Wednesday, July 23, 2025

National Drowning Prevention Week 2025

Date and Time: Wednesday, July 23 12:00 am - 11:55 pm

Address: Various

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Thursday, July 24, 2025

National Drowning Prevention Week 2025

Date and Time: Thursday, July 24 12:00 am - 11:55 pm

Address: Various

We're diving into **National Drowning Prevention Week** with a splash of **fun, facts, and fitness**—and you're invited to take part!

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Catch Caledon's favourite four-legged lifeguard at **Southfields Community Centre** on **July 15 & 16** during evening **swim lessons** and **public swim**. Buddy will be making waves and helping share important water safety tips. Stop by, say hi, and grab a photo!

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Learn more and find drop-in schedules at caledon.ca/swimming

Music in the Park

Date and Time: Thursday, July 24 6:00 pm - 8:00 pm

Address: Dennison Park (70 Learmont Avenue, Southfields Village Caledon)

Live Music Every **Thursday Night**, At **Dennison Park**. All Summer Long!

- 6 - 7 p.m. - Abbidano (Pop Rock)
- 7 - 8 p.m. - Harrison Sloan (Acoustic)



Friday, July 25, 2025

National Drowning Prevention Week 2025

Date and Time: Friday, July 25 12:00 am - 11:55 pm

Address: Various

We're diving into **National Drowning Prevention Week** with a splash of **fun, facts, and fitness**—and you're invited to take part!

Meet Buddy the Lifeguard Dog

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Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, July 25 9:30 am - 11:30 am

Address: 6311 Old Church Road

Food and Friends: 55+ Social Breakfast Program

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****Please note that you must register for each individual breakfast you would like to attend.****

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CSC - Monthly Dinner

Date and Time: Friday, July 25 5:15 pm - 7:00 pm

Address: 7 Rotarian Way, Bolton, ON

The Caledon Seniors Centre at Rotary Place in Bolton is having a Monthly Dinner - dine-in or take-out. The menu is burgers or peameal on a bun, pasta salad, potato salad and pineapple upside down cake for dessert. Cost is \$16. Pick-up time is 5:15 pm. Dine-in served at 5:30 pm. Local delivery is available for \$2. Call the Centre

Saturday, July 26, 2025

National Drowning Prevention Week 2025

Date and Time: Saturday, July 26 12:00 am - 11:55 pm

Address: Various

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Meet Buddy the Lifeguard Dog

Catch Caledon's favourite four-legged lifeguard at **Southfields Community Centre** on **July 15 & 16** during evening **swim lessons** and **public swim**. Buddy will be making waves and helping share important water safety tips. Stop by, say hi, and grab a photo!

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Lifeguard Clinics + Water Safety Activities

Join us for **interactive water safety events**, including lifeguard fittings and tips on how to stay safe in and around the water:

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- **July 23 | 8:00–8:55 p.m.** | Caledon East Community Complex
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Learn more and find drop-in schedules at caledon.ca/swimming

Water Safety Community Event

Date and Time: Saturday, July 26 12:00 pm - 4:00 pm

Address: Professor's Lake Recreation Centre

You're invited to the National Drowning Prevention Week Send-off Event. Learn important water safety messages, speak with aquatics staff and visit community booths.

Tuesday, July 29, 2025

Generations in the Kitchen

Date and Time: Tuesday, July 29 1:00 pm - 3:00 pm

Address: 6311 Old Church Road

Generations in the Kitchen

Calling all older adults in Caledon! Bring a special young person in your life and enjoy an afternoon of cooking, baking, and decorating. Together you'll learn, laugh, and connect across generations.

Sessions, unless otherwise indicated, will take place at Town Hall in the Cafe (6311 Old Church Road), Registration is Required.

- **Tuesday, July 29, 2025 from 1 p.m. to 3 p.m.** | Registration opens on May 12 and closes on July 25.
- **Tuesday, August 26, 2025 from 1 p.m. to 3 p.m.** | Registration opens on May 12 and closes on August 22.
- **Tuesday, December 16, 2025 from 4 to 6 p.m.** | Registration opens on November 17 and closes on December 12.
- **Monday, February 16, 2026 from 11 a.m. to 1 p.m.** | Registration opens on January 12 and closes on February 13. | Note: This session will be held at the Southfields Community Centre (225 Dougall Avenue, Caledon)
- **Tuesday March 17, 2026 from 1 p.m. to 3 p.m.** | Registration opens on February 9 and closes on March 13.

****Please note that you must register individually for each session.****

This initiative is a funded in part of by the Government of Canada's New Horizons for Seniors Program.

Thursday, July 31, 2025

House of Hockey

Date and Time: Thursday, July 31 5:30 pm - 7:30 pm

Address: 15924 Innis Lake Road, Caledon East, ON L7C 2Z1

The Ontario Provincial Police (OPP) of Caledon and Peel Children's Aid Society/Trailblazers Youth Centre are proud to present House of Hockey, a Maple Leaf Sports and Entertainment (MLSE) Foundation community program. This completely free 5-week program is open to Caledon residents, ages 8-14, and runs every Thursday from 5:30PM to 7:30PM between July 31 - August 28, 2025. You can participate in every week, or just select weeks depending on your schedule! Join us for evenings filled with fun including training from skilled coaches on the fundamentals of ball hockey with life skills integration. All necessary equipment will be provided, free of cost. The program is hosted at the Caledon OPP Detachment at 15924 Innis Lake Road, Caledon East, ON L7C 2Z1. Free parking and refreshments will be available on site.

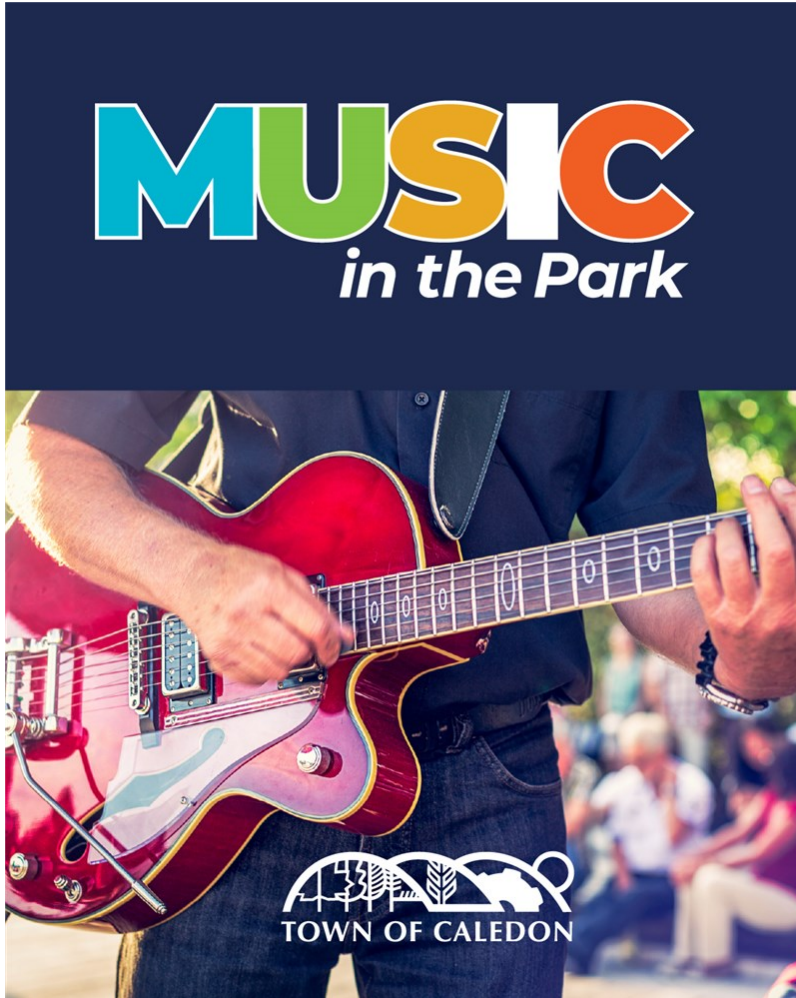
Music in the Park

Date and Time: Thursday, July 31 6:00 pm - 8:00 pm

Address: Dennison Park (70 Learmont Avenue, Southfields Village Caledon)

Live Music Every **Thursday Night**, At **Dennison Park**. All Summer Long!

- 6 - 7 p.m. - Wilson & The Cast Aways (Indie-Folk Band)
- 7 - 8 p.m. - Domenic Tuzi (Pop/Soft Rock/Solo Acoustic)



<https://calendar.caledon.ca>