

Saturday, November 1, 2025

Mono Mills Remembrance Day Service

Date and Time: Saturday, November 1 11:00 am

Address: 35 Victoria Crescent, Caledon, ON L7K 0A1

To honor the memory of all Canadians who have served their country in time of war, the following service will be hosted:

MONO MILLS

Saturday November 1, 2025 at 11:00 a.m.

Mono Mills Cenotaph

35 Victoria Crescent, Caledon, ON L7K 0A1

Tuesday, November 4, 2025

Living Life to the Full - 8 week program

Date and Time: Tuesday, November 4 10:00 am - 12:30 pm

Address: 6215 Old Church Road, Caledon East

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this free 8-week program teaches self-management skills using Cognitive Behavioral Therapy (CBT) principles. Course content and materials are practical and easily applied to everyday life situations.

During the course, attendees cover topics including: self confidence, problem-solving, stress management, motivation, dealing with unhelpful thoughts and anger management.

Tuesdays, October 7 to November 25, 2025

10 a.m. - 12:30 p.m.

Caledon East Community Complex - Community Room (6215 Old Church Road, Caledon East)

(Please note that the October 28, 2025 Session will take place in the Caledon East Community Complex - Lions Den)

[Click here to register](#)

Thursday, November 6, 2025

Meet and Greet with Caledon OPP and CMHA Crisis Team - Lunch and Learn

Date and Time: Thursday, November 6 12:00 pm - 2:00 pm

Address: 150 Queen Street, Bolton

Meet with Caledon OPP and CMHA Crisis Team Staff and learn more about the services and supports they offer for Caledon Residents to help you age well and age in place for as long as possible.

Free lunch provided for all registered participants.

Thursday, November 6, 2025

12 - 2 p.m.

Albion Bolton Community Complex - Auditorium (150 Queen Street S, Bolton)

[Click here to register](#)

Friday, November 7, 2025

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, November 7 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 September 12, 2025 until November 14, 2025 - Registration opens on August 15, 2025 and is required by September 5, 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.

Mindfulness Meditation - Session 2

Date and Time: Friday, November 7 11:00 am - 12:30 pm

Address: 225 Dougall Ave, Caledon

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this

s free 4-week program invites Caledon residents 55+ to explore the benefits of mindfulness meditation.

These guided sessions focus on helping seniors manage stress, reduce anxiety, and navigate emotions, while building resilience and promoting overall mental clarity. Each week, participants will learn practical strategies they can use in everyday life to enhance their wellbeing.

Please note that the sessions are duplicate, please register for only one, 4-week session that works for you.

Session 2 - Fridays, November 7 - 28, 2025 | 11 a.m. - 12:30 p.m. | Southfields Community Complex - Community Room (225 Dougall Ave, Caledon)

[Click here to register](#)

Saturday, November 8, 2025

CSC - Craft & Bake Sale, Silent Auction & More

Date and Time: Saturday, November 8 8:00 am - 1:00 pm

Address: 7 Rotarian Way, Bolton, ON

The Caledon Seniors Centre at Rotary Place in Bolton is having a Craft & Bake Sale, Silent Auction & More on Saturday, November 8, 2024. Doors open at 8:00 AM to 1 PM. Peameal bacon on a bun, BBQ, refreshments and tea room available throughout the day. Come out and support the Centre!! For more information call 905-951-6114.

Sunday, November 9, 2025

Alton Remembrance Day Service

Date and Time: Sunday, November 9 10:15 am

Address: 1267 Queen St W, Alton, ON L7K 0C4

To honour the memory of all Canadians who have served their country in time of war, the following service will be hosted:

ALTON

November 9, 2025 at 10:15 a.m.

Alton Legion Hall, 1267 Queen Street

Potluck lunch following service

Contact The Alton Legion at 519-942-4021 for more information.

Bolton Remembrance Day Service

Date and Time: Sunday, November 9 12:30 pm

Address: Laurel Hill Cemetery - 149 Centennial Dr, Bolton, ON

To honour the memory of all Canadians who have served their country in time of war, the following service will be hosted:

BOLTON

Sunday November 9, 2025 at 12:30 p.m.

Bolton Cenotaph – Centennial Drive - Laurel Hill Cemetery

If you are interested in sponsoring the laying of a wreath on behalf of an individual, family, or organization, please contact events@caledon.ca.

Tuesday, November 11, 2025

Living Life to the Full - 8 week program

Date and Time: Tuesday, November 11 10:00 am - 12:30 pm

Address: 6215 Old Church Road, Caledon East

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this free 8-week program teaches self-management skills using Cognitive Behavioral Therapy (CBT) principles. Course content and materials are practical and easily applied to everyday life situations.

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Tuesdays, October 7 to November 25, 2025

10 a.m. - 12:30 p.m.

Caledon East Community Complex - Community Room (6215 Old Church Road, Caledon East)

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[Click here to register](#)

Caledon East Remembrance Day Service

Date and Time: Tuesday, November 11 10:50 am

Address: Caledon Town Hall - 6311 Old Church Road

To honour the memory of all Canadians who have served their country in time of war, the following service will be hosted:

CALEDON EAST

Tuesday November 11, 2025 10:50 a.m.

Caledon East Cenotaph (located at Town Hall)
6311 Old Church Road

If you are interested in sponsoring the laying of a wreath on behalf of an individual, family, or organization, please contact events@caledon.ca.

Wednesday, November 12, 2025

CSC - Special Lunch

Date and Time: Wednesday, November 12 11:45 am - 1:00 pm

Address: 7 Rotarian Way, Bolton, ON

Join us for a special lunch at the Caledon Seniors Centre at Rotary Place in Bolton on Wed. November 13! The menu is grilled cheese sandwiches, kale salad and walnut coffee cake for dessert. Pick-up at 11:45 am, dine-in served at 12:00 pm and local delivery available for \$2. Cost is \$11. Order your meals by Monday, Nov. 10 at 3:30 pm. For more information, call the Centre at 905-951-6114.

Friday, November 14, 2025

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, November 14 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](#)

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Mindfulness Meditation - Session 2

Date and Time: Friday, November 14 11:00 am - 12:30 pm

Address: 225 Dougall Ave, Caledon

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this free 4-week program invites Caledon residents 55+ to explore the benefits of mindfulness meditation.

These guided sessions focus on helping seniors manage stress, reduce anxiety, and navigate emotions, while building resilience and promoting overall mental clarity. Each week, participants will learn practical strategies they can use in everyday life to enhance their wellbeing.

Please note that the sessions are duplicate, please register for only one, 4-week session that works for you.

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[Click here to register](#)

Saturday, November 15, 2025

CSC - Bid Euchre Tournament

Date and Time: Saturday, November 15 11:30 am - 4:00 pm

Address: 7 Rotarian Way, Bolton, ON

The Caledon Seniors Centre is hosting a Lunch & Euchre Tournament on Saturday, November 15, 2025 at Rotary Place in Bolton. Check-in starts at 11:30 am, lunch served at 12:00 pm and bid euchre tournament starts at 1:00 pm. Costs are as follows: Lunch & Tournament: \$20, Lunch Only: \$15, Tournament Only: \$15. The lunch menu is quiche, kale salad and dessert. There will be prizes, door prizes and much more! Pre-registration is required by Thursday Nov. 13. Call the Centre at 905-951-6114 to register and buy your tickets.

Tuesday, November 18, 2025

Living Life to the Full - 8 week program

Date and Time: Tuesday, November 18 10:00 am - 12:30 pm

Address: 6215 Old Church Road, Caledon East

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this free 8-week program teaches self-management skills using Cognitive Behavioral Therapy (CBT) principles. Course content and materials are practical and easily applied to everyday life situations.

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[Click here to register](#)

CSC - Men's Lunch

Date and Time: Tuesday, November 18 11:00 am - 1:00 pm

Address: 7 Rotarian Way, Bolton, ON

The Caledon Seniors Centre is hosting their Men's Lunch on Tuesday, November 18 at Rotary Place in Bolton. Lunch menu is lasagna, caesar salad and chocolate eclair dessert. Cost is \$11. Call the Centre at 905-951-6114 to purchase your tickets.

Friday, November 21, 2025

Mindfulness Meditation - Session 2

Date and Time: Friday, November 21 11:00 am - 12:30 pm

Address: 225 Dougall Ave, Caledon

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[Click here to register](#)

Tuesday, November 25, 2025

Living Life to the Full - 8 week program

Date and Time: Tuesday, November 25 10:00 am - 12:30 pm

Address: 6215 Old Church Road, Caledon East

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this

s free 8-week program teaches self-management skills using Cognitive Behavioral Therapy (CBT) principles. Course content and materials are practical and easily applied to everyday life situations.

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Caledon East Community Complex - Community Room (6215 Old Church Road, Caledon East)

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[Click here to register](#)

Friday, November 28, 2025

Mindfulness Meditation - Session 2

Date and Time: Friday, November 28 11:00 am - 12:30 pm

Address: 225 Dougall Ave, Caledon

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this free 4-week program invites Caledon residents 55+ to explore the benefits of mindfulness meditation.

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[Click here to register](#)

CSC - 30th Anniversary Celebration

Date and Time: Friday, November 28 6:00 pm - 11:00 pm

Address: 15430 Innis Lake Road, Caledon ON, L7C 2Z1

The Caledon Seniors Centre invites you to join us at our 30th Anniversary Gala at the Royal Ambassador on Innis Lake Road on Friday, November 28! Enjoy welcome cocktails and hors d'oeuvres at 6:00 pm, a 3 course dinner followed by entertainment and dancing. Cost is \$135. Call the Centre at 905-951-6114 to buy your tickets.

