

## Friday, December 1, 2023

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### CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, December 1 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, December 1 10:30 am - 4:00 pm

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

Every Friday, Caledon Seniors' Council will host a "Drop-In for Seniors" at St. James Church in Caledon East. Friendly chats, card games (Euchre & Bridge), and guest speakers on various topics of interest for older residents.

The Lunch program is available for those interested in participating.

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

### Terra Cotta Community Centre - Euchre

Date and Time: Friday, December 1 1:00 pm - 4:00 pm

Address: 18 High St, Terra Cotta, ON L7C 1P2

**Every 1st & 3rd Friday's of each month the Terra Cotta Community Centre offers Euchre.**

**Start time 1pm - 4pm with \$5 entrance fee. Cash prizes, 50/50 tickets.**

**Mystery prizes available dependent on attendance.**

**Cheryl & John**

**289 344 0033**

### PUCK - Gentle Chair Yoga

Date and Time: Friday, December 1 2:00 pm - 4:00 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.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

## **CSC - Christmas Dinner & Dance**

Date and Time: Friday, December 1 5:00 pm - 10:30 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton for their annual Christmas Dinner & Dance on Friday, December 1, 2023.

Enjoy a traditional Christmas Dinner of turkey, mashed potatoes, stuffing, gravy, rutabaga, mixed vegetables, cranberry sauce and minced fruit tart and ice-cream for dessert. Entertainment by the Trio Kings.

Cost is \$50

Pick-up: 5:00 to 6:00 pm

Dine-in served at 6:30 pm

Local delivery: add \$2

Call the Centre at 905-951-6114 to order your tickets!

Please bring a non-perishable food item to donate to the local food bank.

## **Saturday, December 2, 2023**

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### **CSC - Saturday Night Social**

Date and Time: Saturday, December 2 6:00 pm - 10:00 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton for this new program starting Saturday, November 18, 2023!

Everyone 55 + welcome!!

Enjoy playing cards, Bingo, refreshments, music and dancing every Saturday night!

Drop-in fee: \$3

Bingo cost extra

Meet in the Egan Room.

Call the Centre at 905-951-6114 for more informations

## **Monday, December 4, 2023**

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### **Caledon Seniors Centre - Weekly Satellite Program - Caledon East**

Date and Time: Monday, December 4 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm until Monday, June 26, 2023

Caledon East Community Complex, Lions Den Room – Every Thursday from 9:00 am – 3:00pm from July 6 to August 31, 2023

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm from September 11, 2023 to August 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca) or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$9.00.

Program is moving back to Mondays @ the Lions Den starting in 2023.

### **PUCK - Nordic Walking**

Date and Time: Monday, December 4 10:00 am - 12:00 pm

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.

### **Caledon Seniors Centre - Classic Cafe - Caledon East**

Date and Time: Monday, December 4 11:00 am - 2:30 pm

Address: 6211 Old Church Rd, Caledon East

Looking for something to do?

Join the Caledon Seniors Centre's Classic Café programs once a month at one of the locations near you.

For more information, guest speakers and costs please contact 905-951-6114 or 905-586-6114 cell phone.

Email: [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca)

## **CMOW - Senior's Social and Wellness Program - Mono Mills**

Date and Time: Monday, December 4 1:00 pm - 3:00 pm

Address: 35 Victoria Crescent, 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 Victoria Park Community Centre in Mono Mills, 35 Victoria Crescent, Caledon

1pm to 3pm

Everyone 55+ is Welcome

For more information please contact Caledon Meals on Wheels at 905-857-7651 or email at [info@cmow.org](mailto:info@cmow.org)

## **PUCK - Gentle Chair Yoga**

Date and Time: Monday, December 4 2:00 pm - 4:00 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.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

## **Tuesday, December 5, 2023**

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### **Caledon Seniors Centre - Weekly Satellite Program - Caledon Village**

Date and Time: Tuesday, December 5 9:00 am - 3:00 pm

Address: 18313 Hurontario St, Caledon Village, ON L7K 0X7

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca) or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

## **CMOW - Senior's Social and Wellness Program - Valleywood**

Date and Time: Tuesday, December 5 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\*\*

## **Caledon Seniors Centre - Classic Cafe - Caledon Village**

Date and Time: Tuesday, December 5 11:00 am - 2:30 pm

Address: 18313 Hurontario St, Caledon Village, ON

Looking for something to do?

Join the Caledon Seniors Centre's Classic Café programs once a month at one of the locations near you.

For more information, guest speakers and costs please contact 905-951-6114 or 905-586-6114 cell phone.

Email: [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca)

## **Wednesday, December 6, 2023**

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

Date and Time: Wednesday, December 6 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 Seniors Centre - Weekly Satellite Program - Southfields**

Date and Time: Wednesday, December 6 11:00 am - 3:00 pm

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

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm until Wednesday, June 28, 2023

South Asian Social – Outdoor gathering (still trying to determine which park we will be gathering in) from July 5 to August 30, 2023

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm from September 6, 2023 to June 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca) or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

## **Information Session - Pathway to Trades**

Date and Time: Wednesday, December 6 12:00 pm - 1:00 pm

Address: 7700 Hurontario St, Ste 601 Brampton ON L6Y 1M3

The Pathway to Trades Program (offered by COSTI) is a language program designed for Newcomers to Canada who want to work in the construction or maintenance trades. This 1 hour information session is offered via Zoom and is of no cost to attendees. In addition to discussing the details of the program, we will provide an overview of Skilled Trades in Ontario and ways that you can start your career. We will be hosting this information session every Wednesday from 12:00pm - 1:00pm.

Simply click on the following link to attend this information session:

Join Zoom Meeting

<https://us02web.zoom.us/j/86787817443>

## **Caledon East Seniors - Weekly Euchre**

Date and Time: Wednesday, December 6 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

## **Thursday, December 7, 2023**

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### **Caledon Seniors Centre - Classic Cafe - Inglewood**

Date and Time: Thursday, December 7 11:00 am - 2:30 pm

Address: 15825 McLaughlin Rd

Looking for something to do?

Join the Caledon Seniors Centre's Classic Café programs once a month at one of the locations near you.

For more information, guest speakers and costs please contact 905-951-6114 or 905-586-6114 cell phone.

Email: [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca)

## **Friday, December 8, 2023**

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### **CMOW - Senior's Social and Wellness Program - Palgrave**

Date and Time: Friday, December 8 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, December 8 10:30 am - 4:00 pm

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

Every Friday, Caledon Seniors' Council will host a "Drop-In for Seniors" at St. James Church in Caledon East. Friendly chats, card games (Euchre & Bridge), and guest speakers on various topics of interest for older residents.

The Lunch program is available for those interested in participating.

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

## **PUCK - Gentle Chair Yoga**

Date and Time: Friday, December 8 2:00 pm - 4:00 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.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

## **Saturday, December 9, 2023**

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### **CSC - Saturday Night Social**

Date and Time: Saturday, December 9 6:00 pm - 10:00 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton for this new program starting Saturday, November 18, 2023!

Everyone 55 + welcome!!

Enjoy playing cards, Bingo, refreshments, music and dancing every Saturday night!

Drop-in fee: \$3

Bingo cost extra

Meet in the Egan Room.

Call the Centre at 905-951-6114 for more information

## **Monday, December 11, 2023**

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### **Caledon Seniors Centre - Weekly Satellite Program - Caledon East**

Date and Time: Monday, December 11 9:00 am - 3:00 pm



Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm until Monday, June 26, 2023

Caledon East Community Complex, Lions Den Room – Every Thursday from 9:00 am – 3:00pm from July 6 to August 31, 2023

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm from September 11, 2023 to August 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca) or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$9.00.

Program is moving back to Mondays @ the Lions Den starting in 2023.

## **PUCK - Nordic Walking**

Date and Time: Monday, December 11 10:00 am - 12:00 pm

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.

## **CMOW - Senior's Social and Wellness Program - Mono Mills**

Date and Time: Monday, December 11 1:00 pm - 3:00 pm

Address: 35 Victoria Crescent, 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 Victoria Park Community Centre in Mono Mills, 35 Victoria Crescent, Caledon

1pm to 3pm

Everyone 55+ is Welcome

For more information please contact Caledon Meals on Wheels at 905-857-7651 or email at [info@cmow.org](mailto:info@cmow.org)

## **PUCK - Gentle Chair Yoga**

Date and Time: Monday, December 11 2:00 pm - 4:00 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.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

## **Wednesday, December 13, 2023**

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

Date and Time: Wednesday, December 13 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 Seniors Centre - Weekly Satellite Program - Southfields**

Date and Time: Wednesday, December 13 11:00 am - 3:00 pm

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

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm until Wednesday, June 28, 2023

South Asian Social – Outdoor gathering (still trying to determine which park we will be gathering in) from July 5 to August 30, 2023

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm from September 6, 2023 to June 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

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Membership Fee is free. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

## **Information Session - Pathway to Trades**

Date and Time: Wednesday, December 13 12:00 pm - 1:00 pm

Address: 7700 Hurontario St, Ste 601 Brampton ON L6Y 1M3

The Pathway to Trades Program (offered by COSTI) is a language program designed for Newcomers to Canada who want to work in the construction or maintenance trades. This 1 hour information session is offered via Zoom and is of no cost to attendees. In addition to discussing the details of the program, we will provide an overview of Skilled Trades in Ontario and ways that you can start your career . We will be hosting this information session every Wednesday from 12:00pm - 1:00pm.

Simply click on the following link to attend this information session:

Join Zoom Meeting

<https://us02web.zoom.us/j/86787817443>

## **Caledon Seniors Centre - Classic Cafe - Alton**

Date and Time: Wednesday, December 13 12:00 pm - 3:00 pm

Address: 35 Station St. Alton, ON

Looking for something to do?

Join the Caledon Seniors Centre's Classic Café programs once a month at one of the locations near you.

For more information, guest speakers and costs please contact 905-951-6114 or 905-586-6114 cell phone.

Email: [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca)

## **Caledon East Seniors - Weekly Euchre**

Date and Time: Wednesday, December 13 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

## **CPL: CPL Makers: DIY Ornaments**

Date and Time: Wednesday, December 13 6:00 pm - 7:00 pm

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

Design your own Holiday ornaments using your imagination, a Cricut and acrylic or natural wood bases. Knowledge of Cricut Design Space is not necessary.

Registration required.

## **Thursday, December 14, 2023**

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### **CSC- Christmas Roast Beef Luncheon**

Date and Time: Thursday, December 14 11:30 am - 2:30 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton for our annual Christmas Roast Beef Luncheon on Thursday, December 14, 2023. The lunch is being sponsored by the Bolton Rotary Club.

Enjoy a meal of roast beef, mashed potatoes, Yorkshire pudding, gravy, vegetables and dessert! Cost is \$40

Pick up: 11:30 am

Dine-in served at 12:30 pm

Local delivery available for \$2

Call the Centre at 905-951-6114 to buy your tickets!

### **CPL: Pride Book Club**

Date and Time: Thursday, December 14 7:00 pm - 8:30 pm

Address: 150 Queen Street South Bolton

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 Prince and the Dressmaker](#)" by Jen Wang

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

Please note this program is for participants aged 16+.

Registration required.

## **Friday, December 15, 2023**

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## CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, December 15 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, December 15 10:30 am - 4:00 pm

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

Every Friday, Caledon Seniors' Council will host a "Drop-In for Seniors" at St. James Church in Caledon East. Friendly chats, card games (Euchre & Bridge), and guest speakers on various topics of interest for older residents.

The Lunch program is available for those interested in participating.

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

## Terra Cotta Community Centre - Euchre

Date and Time: Friday, December 15 1:00 pm - 4:00 pm

Address: 18 High St, Terra Cotta, ON L7C 1P2

**Every 1st & 3rd Friday's of each month the Terra Cotta Community Centre offers Euchre.**

**Start time 1pm - 4pm with \$5 entrance fee. Cash prizes, 50/50 tickets.**

**Mystery prizes available dependent on attendance.**

**Cheryl & John**

**289 344 0033**

## CPL: Afternoon Film Club

Date and Time: Friday, December 15 2:00 pm - 4:00 pm

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

Join us for a fun afternoon of film and discussion with screenings of titles from our Kanopy and Hoopla Collections. Whether you consider yourself an amateur film critic or are someone who just enjoys watching movies, you are welcome to join our Afternoon Film Club. Come watch and discuss a variety of thought-provoking films from around the world. Popcorn will be provided.

This month we will be screening "Juniper". Sam has been on a self-destructive spiral that could lead to his death. He returns home from boarding school to find his wheelchair-bound English grandmother, Ruth has moved in. Ruth is an ex-war photographer with a lust for life and a love of the bottle. Sam soon finds himself profoundly confronted by her alcoholic wit andchutzpah. Their first meeting is awkward; their second violent. Things get worse when Sam finds himself stranded alone with her and her nurse Sarah for the school holidays. Both strong-willed characters, a battle of supremacy ensues, enabling Sam to embrace life again and for Ruth to face her mortality.

Please note films may contain mature subject matters and are intended for an older audience.

## **PUCK - Gentle Chair Yoga**

Date and Time: Friday, December 15 2:00 pm - 4:00 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.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

## **Saturday, December 16, 2023**

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### **CSC - Saturday Night Social**

Date and Time: Saturday, December 16 6:00 pm - 10:00 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton for this new program starting Saturday, November 18, 2023!

Everyone 55 + welcome!!

Enjoy playing cards, Bingo, refreshments, music and dancing every Saturday night!

Drop-in fee: \$3

Bingo cost extra

Meet in the Egan Room.

Call the Centre at 905-951-6114 for more informations

## **Monday, December 18, 2023**

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## Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, December 18 9:00 am - 3:00 pm

Address: 6215 Old Church Rd. Caledon East, ON

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm until Monday, June 26, 2023

Caledon East Community Complex, Lions Den Room – Every Thursday from 9:00 am – 3:00pm from July 6 to August 31, 2023

Caledon East Community Complex, Lions Den Room – Every Monday from 9:00 am – 3:00 pm from September 11, 2023 to August 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca) or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$9.00.

Program is moving back to Mondays @ the Lions Den starting in 2023.

## PUCK - Nordic Walking

Date and Time: Monday, December 18 10:00 am - 12:00 pm

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.

## CMOW - Senior's Social and Wellness Program - Mono Mills

Date and Time: Monday, December 18 1:00 pm - 3:00 pm

Address: 35 Victoria Crescent, 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 Victoria Park Community Centre in Mono Mills, 35 Victoria Crescent, Caledon

1pm to 3pm

Everyone 55+ is Welcome

For more information please contact Caledon Meals on Wheels at 905-857-7651 or email at [info@cmow.org](mailto:info@cmow.org)

## **PUCK - Gentle Chair Yoga**

Date and Time: Monday, December 18 2:00 pm - 4:00 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.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

## **CPL: Tween Discovery Club - Discover Winter STEM!**

Date and Time: Monday, December 18 4:30 pm - 5:30 pm

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

A club just for tweens who love to tinker and discover! Drop in and experiment, have fun and hang out with other tweens in your community. Discover a new theme each month. This month's theme is Winter STEM!

Registration required.

## **Tuesday, December 19, 2023**

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### **CMOW - Senior's Social and Wellness Program - Valleywood**

Date and Time: Tuesday, December 19 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 - Residen



ts are welcome to register to participate in the euchre party from 12noon to 3pm\*\*

## Wednesday, December 20, 2023

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

Date and Time: Wednesday, December 20 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 Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, December 20 11:00 am - 3:00 pm

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

Looking for something to do?

Join the Caledon Seniors Centre at one of the Satellite locations weekly!

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm until Wednesday, June 28, 2023

South Asian Social – Outdoor gathering (still trying to determine which park we will be gathering in) from July 5 to August 30, 2023

Southfields Recreation Centre – South Asian Social Every Wednesday from 11:00 am to 3:00 pm from September 6, 2023 to June 26, 2024

For more information contact 905-951-6114 or 905-586-6114 cell phone.

Email [satelliteprogram@caledonseniors.ca](mailto:satelliteprogram@caledonseniors.ca) or drop by and say hello when we are in your neighbourhood.

Membership Fee is free. Programming fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

### Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, December 20 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

## **Friday, December 22, 2023**

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### **PUCK - Gentle Chair Yoga**

Date and Time: Friday, December 22 2:00 pm - 4:00 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.

Registration Required - Please contact Palgrave United Community Kitchen (PUCK)

## **Saturday, December 23, 2023**

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### **CSC - Saturday Night Social**

Date and Time: Saturday, December 23 6:00 pm - 10:00 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton for this new program starting Saturday, November 18, 2023!

Everyone 55 + welcome!!

Enjoy playing cards, Bingo, refreshments, music and dancing every Saturday night!

Drop-in fee: \$3

Bingo cost extra

Meet in the Egan Room.

Call the Centre at 905-951-6114 for more informations

## **Wednesday, December 27, 2023**

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## Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, December 27 12:45 pm - 4:00 pm

Address: 6211 Old Church Rd

Caledon East Seniors hosts a weekly Euchre game at the Lions Den in the Caledon East Community complex.

New members welcome. Call Alex @905-584-0591 for more information

<https://calendar.caledon.ca>