

Wednesday, March 1, 2023

Unearth Uncover Art Exhibition

Date and Time: Wednesday, March 1 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

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

Date and Time: Wednesday, March 1 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+

CPL Albion Bolton Community Corner - Health and Wellness Ambassadors

Date and Time: Wednesday, March 1 10:30 am - 12:30 pm

Address: 150 Queen St S. Bolton, ON

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Albion Bolton Library Branch every week from March 1 until April 5 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, March 1 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 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, March 1 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, March 2, 2023

Unearth Uncover Art Exhibition

Date and Time: Thursday, March 2 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Caledon Seniors Centre - Classic Cafe - Inglewood

Date and Time: Thursday, March 2 10:00 am - 2:30 pm

Address: 15825 McLaughlin Rd, Inglewood, ON L7C 1H4

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

Inglewood program runs September to June.

CPL: Healthy Urban Rivers presented by Ontario Streams

Date and Time: Thursday, March 2 6:30 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

The Greater Toronto Area is divided into nine watersheds – the area in which one large river and its branches reach. Caledon is within the Humber River watershed. Our urban rivers provide habitat for many different species and are unfortunately facing many threats including pollution. Kat Lucas from Ontario Streams will share an overview of our local rivers and the conservation work being done to protect them.

This program will be hosted on Zoom and is intended for adults. This program will not be recorded for future viewing.

[Register today.](#)

Friday, March 3, 2023

Unearth Uncover Art Exhibition

Date and Time: Friday, March 3 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, March 3 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.

CPL Southfield Community Corner - Health and Wellness Ambassadors

Date and Time: Friday, March 3 10:00 am - 12:30 pm

Address: 225 Dougall Ave

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Southfields Community Library Branch every week from March 3 until March 31 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors' Council

Date and Time: Friday, March 3 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, March 3 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

Saturday, March 4, 2023

Unearth Uncover Art Exhibition

Date and Time: Saturday, March 4 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Caledon Seniors Centre - Income Tax Clinic

Date and Time: Saturday, March 4 9:30 am - 3:30 pm

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

The Caledon Seniors Centre is hosting an Income Tax Clinic on Saturday, March 4, 2023 put on by the Community Volunteer Income Tax Program. Free for seniors. Single income up to \$35,000 or couple income up to \$45,000. By appointment only. Call the Centre at 905-951-6114 to book your time.

Our Community Wellness Fair for Black, African, and Caribbean Communities

Date and Time: Saturday, March 4 10:00 am - 4:00 pm

Address: 9 Wellington St. E., Brampton

Join us for the ***Our Community Wellness Fair for Black, African, and Caribbean Communities*** in Brampton. Take part in free health checks, get wellness information and resources, and chat with local wellness service providers. You can also get your COVID-19 and routine school immunizations onsite!

Admission is free and all ages are welcome. Emceed by The Juiceman Jonathan Shaw, there will also be music, giveaways, interactive fitness presentations, a food truck, and FREE hair braiding to enjoy.

Saturday, March 4, 2023

10 a.m. – 4 p.m.

Peel Art Gallery, Museum and Archives (PAMA)

9 Wellington St. E., Brampton

All wellness fair attendees receive FREE admission to PAMA on the day of the fair. Explore the museum and art galleries and check out great exhibits like *We Are Hockey* – an exploration of the experience of people of colour in sport.

Wellness topics include:

- Cancer screening and prevention
- Diabetes prevention and management – diabetes testing will be available
- Heart health – blood pressure checks and consultations will be available
- Services for seniors
- Mental health and wellness
- Connecting with health and wellness services
- Sexual health – free HIV self-test kits will be available
- Skin health

- Wellness for children and youth

Get your COVID-19 or routine school immunizations onsite at the public vaccine clinic.

- Walk-in or book an appointment for your COVID-19 vaccine: <https://www.ontario.ca/book-vaccine/>
- Book an appointment for routine school immunizations (Meningococcal ACYW-135, Hepatitis B, Human Papillomavirus (HPV): <https://www.peelregion.ca/immunize/>

BrAIDS for AIDS will be onsite providing free hair braiding on a first-come, first-served basis.

Visit www.rootscs.org/wellnessfair for more information.

This event is brought to you by Roots Community Services, LAMP – East Mississauga Community Health Centre, WellFort Community Health Centre, Ontario Health, Black Health Alliance, Black Physicians Association of Ontario, MOYO Healthcare & Community Services, CMHA Peel Dufferin, and the Region of Peel.

Sunday, March 5, 2023

Unearth Uncover Art Exhibition

Date and Time: Sunday, March 5 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Monday, March 6, 2023

Unearth Uncover Art Exhibition

Date and Time: Monday, March 6 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, March 6 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 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.

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

Date and Time: Monday, March 6 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

Tuesday, March 7, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon Village

Date and Time: Tuesday, March 7 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 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

Unearth Uncover Art Exhibition

Date and Time: Tuesday, March 7 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, March 7 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****

EAPON - Wrinkles - Listening, Learning and Preventing Elder Abuse (Webinar)

Date and Time: Tuesday, March 7 3:00 pm - 4:00 pm

Address: 6311 Old Church Rd.

Elder Abuse Prevention Ontario in collaboration with Sheatre and the Canadian Network for the Prevention of Elder Abuse, will present a webinar about, "Mishoo miinwaa Noki ~ You, Me and Wrinkles" (aka Wrinkles), a new 12-part Elder Abuse Prevention Podcast series.

Wrinkles is an innovative platform designed to break the silence around elder abuse and difficult situations. It ignites conversations and provides an opportunity for chats about elder abuse to begin, grow and evolve in your own community. Sheatre invites people to not only "listen" and "learn" about this important issue, but also to act to protect the safety and well-being of older adults.

Sheatre's presenters will share their insights and lived experiences from the perspective of Indigenous people. Participants will hear a Podcast excerpt from the audio drama that illustrates the domestic abuse and neglect seniors

ors can face. (Listener discretion is advised.) As well, they'll hear an excerpt of a post-show discussion.

An overview of Wrinkles' format will show how integrating community-created drama with a post-show discussion promotes the sharing of essential insights, resources and strategies between elders, community members of all ages, and service providers.

The session will discuss the process of how the community worked together to create this unique program. It will powerfully demonstrate the importance of hearing authentic voices of older adults as they tell true stories of their experiences. You will hear how one story sparks a cascade of knowledge sharing – and can inspire listeners to bring elder abuse out of the shadows and normalize talking about it.

Sheatre's members will also discuss how you can easily use this program in your community to recognize, prevent abuse and support people in your own area.

Register Now: https://eapon.ca/webinar_WrinklesMar7

CPL: Palliative Care Myth-Busting: Everything You Want to Know But are Afraid to Ask

Date and Time: Tuesday, March 7 7:00 pm

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

Join Bethell Hospice for an engaging discussion which will address common myths about palliative care and offer information on palliative care supports available in our community. Palliative care is actually more about living than it is about dying. Supports are available not only at the very end of life, but from the onset of a life-limiting diagnosis.

Join us either in-person at the Southfields Village Branch or virtually on Zoom for this program. This program will not be recorded for future viewing. Please note there is a limit of 10 in-person seats available for this program but unlimited virtual seats.

[Register today.](#)

Wednesday, March 8, 2023

Unearth Uncover Art Exhibition

Date and Time: Wednesday, March 8 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

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

Date and Time: Wednesday, March 8 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+

CPL Albion Bolton Community Corner - Health and Wellness Ambassadors

Date and Time: Wednesday, March 8 10:30 am - 12:30 pm

Address: 150 Queen St S. Bolton, ON

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Albion Bolton Library Branch every week from March 1 until April 5 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, March 8 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 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, March 8 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: Welcome Sign

Date and Time: Wednesday, March 8 6:30 pm

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

Discover how to use vinyl and our Cricut machines to create a welcome sign. Participants will learn how to design in Cricut Design Space, a free downloadable software, cut vinyl using the Cricut machine, and assemble a welcome sign.

A Cricut is a computer-controlled cutting and drawing machine that is perfect for creating any DIY project. No previous experience with a Cricut is necessary. All of the supplies will be provided.

Prior to the program registrants are encouraged to download and install Cricut Design Space, if they wish to use their own device. Library devices with Cricut Design Space installed will also be available for participants to use.

Registration will open on March 1 at 10am.

Thursday, March 9, 2023

Unearth Uncover Art Exhibition

Date and Time: Thursday, March 9 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Euchre Tournament at Bolton Mills

Date and Time: Thursday, March 9 2:00 pm - 3:00 pm

Address: 100 Morra Avenue, Bolton ON L7E 4K9

Aspira Bolton Mills welcomes you to our March 9th Euchre Tournament at 2pm. Prizes to be won. Bring an fri

end and come and enjoy.

Ontario Caregiver Organization - Balancing Work and Care: Finding Strategies that work for you. (Webinar)

Date and Time: Thursday, March 9 7:00 pm - 8:00 pm

Address: 6311 Old Church Rd.

Are you or someone you know caring for a family member or friend while trying to balance demands at work? Do you often feel like you can't keep up with everything and need more time for yourself?

Grab your favourite drink and snack and join us for an hour to hear other caregivers share their experiences, and discover useful tools from Felicia Hart, an experienced working caregiver, and Program and Service Lead, Workplace and Helpline at OCO.

You will learn more about:

- Building your support network
- The OCO's *Work and Caregiving: A Balancing Act* Toolkit and other resources
- Strategies to better balance demands and find support options

<https://www.eventbrite.ca/e/balancing-work-and-care-finding-strategies-that-work-for-you-tickets-492842403897>

CPL: Pride Book Club

Date and Time: Thursday, March 9 7:00 pm - 8:30 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

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 Mercies](#)" by Kiran Millwood Hargrave.

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

[Register](#) for this event.

Please note this program is for participants aged 16+.

CALEDON GARDEN CLUB MEETING: RECYCLED ITEMS IN THE GARDEN

Date and Time: Thursday, March 9 7:30 pm - 9:00 pm

Address: Cheltenham Community Room, Cheltenham Firehall, 14190 Creditview Road (side entrance of the firehall)

Well known garden club speaker Wolfe Bonham will present his new topic of recycled items in the garden.

Friday, March 10, 2023

Unearth Uncover Art Exhibition

Date and Time: Friday, March 10 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, March 10 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.

CPL Southfield Community Corner - Health and Wellness Ambassadors

Date and Time: Friday, March 10 10:00 am - 12:30 pm

Address: 225 Dougall Ave

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Southfields Community Library Branch every week from March 3 until March 31 to answer your questions.

tions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors' Council

Date and Time: Friday, March 10 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.

Saturday, March 11, 2023

Unearth Uncover Art Exhibition

Date and Time: Saturday, March 11 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Sunday, March 12, 2023

Unearth Uncover Art Exhibition

Date and Time: Sunday, March 12 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Unearth Uncover Art Exhibition

Date and Time: Monday, March 13 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, March 13 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 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.

March Break at PAMA

Date and Time: Monday, March 13 10:00 am - 4:00 pm

Address: 9 Wellington Street East

Visit PAMA this March Break for a fun week of art, science, and special guests!

Drop-in anytime from 10 a.m. - 4 p.m. for creative activities.

Drop-in Creative Activity Schedule:

Monday, March 13: Discover the science behind magic with mysterious prints

Tuesday, March 14: Investigate technology with binary code keychains

Wednesday, March 15: Learn about aerodynamics while engineering your own kite

Thursday, March 16: Colour theory and art collide with a unique painting technique as you create a pointillism skyscape

Friday, March 17: Use mathematics to design your own colourful robot

Special Guest Schedule:

Monday, March 13 | 11 a.m. – 11:45 a.m. and 1 p.m. – 1:45 p.m.:

Magicians CAN do the impossible! Be astounded by the Amazing Corbin as he performs family friendly magic and mysteries.

Wednesday, March 15 | 11 a.m. – 11:45 a.m. and 1 p.m. – 1:45 p.m.:

Bubbleology featuring” Miss T the Bubble Queen”.

Friday, March 17 | 11 a.m. – 12 p.m. and 1 p.m. – 2 p.m.:

Hands-on STEM workshop with Scientists in the School.

CPL: Nailed It or Failed It? Book Cover Cookies

Date and Time: Monday, March 13 1:00 pm

Address: Caledon Public Library - Caledon Village Branch, 18313 Hurontario Street Caledon, ON L7K 0X7

Join us for the library-themed edition of the hilariously popular television show. Contestants will try recreate Instagram-worthy favourite book covers! We provide the supplies, you provide the creativity! Will you nail it or fail it?

[Register today.](#)

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

Date and Time: Monday, March 13 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

Tuesday, March 14, 2023

Unearth Uncover Art Exhibition

Date and Time: Tuesday, March 14 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

CPL: A Little Drumming In Everyone

Date and Time: Tuesday, March 14 11:00 am

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

Join internationally recognized drummer Jeff Salem for a fun hands-on workshop for all ages and levels. It will teach basic rhythms on a variety of hand percussion instruments and their application to music. Students will have the opportunity to learn and play on the following instruments: Djembes, Ashikos & Bongos, as well as a variety of other hand held percussion instruments including shakers, cowbells, tambourine, claves and much more.

[Register today.](#)

CMOW - Valleywood Euchre Card Party

Date and Time: Tuesday, March 14 12:00 pm - 3:00 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!

Monthly Euchre Card party at the Margaret Dunn Library, Valleywood, 20 Snelcrest Drive, Caledon.

Every second Tuesday from 12noon - 3pm

Program open to anyone 55+ - Registration Required

For more information and to register call Caledon Meals on Wheels at 905-857-7651 or email at info@cmow.org

CPL: Turning Up the Heat with Jeff Salem: The Art of Hot Sauce Making

Date and Time: Tuesday, March 14 1:00 pm - 2:30 pm

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

Put your taste buds on trial and learn about the art and science of hot sauce making from Dragon's Den hot sauce guru, Jeff Salem. Jeff will discuss his time spent on Dragon's Den followed by a hot sauce tasting and participants will each get to bring home their very own bottle of hot sauce made that day! Allergy Alert.

[Register today.](#)

Chef Demonstration by Executive Chef Shan

Date and Time: Tuesday, March 14 2:00 pm - 3:00 pm

Address: 100 Morra Avenue, Bolton ON L7E 4K9

Aspira Bolton Mills welcomes you to our Chef Demonstration on March 14th with our Executive Chef Shan. Bring a friend and come and enjoy a taste of flavor.

CPL: Tech Petting Zoo

Date and Time: Tuesday, March 14 2:00 pm - 4:00 pm

Address: Caledon Public Library - Alton Branch 35 Station Street Caledon, ON L7K 0E2

Play, learn and explore with some of our fun and educational tech gadgets! Try out our Ozobots, Osmos, Spheros and more!

[Register today.](#)

Wednesday, March 15, 2023

Unearth Uncover Art Exhibition

Date and Time: Wednesday, March 15 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

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

Date and Time: Wednesday, March 15 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+

CPL: Send a message to an Astronaut!

Date and Time: Wednesday, March 15 10:30 am - 12:30 pm

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

Join Dr. Bhairavi Shankar, a Planetary Scientist, Canadian Space Ambassador, and social entrepreneur as she will show you how code a program to display a personalised image and message to astronauts on board the International Space Station! Return transmissions anticipated within 3-4 months time. No prior coding experience necessary.

[Register today.](#)

CPL: Kids Can...Craft!

Date and Time: Wednesday, March 15 10:30 am

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

Drop in the library for a craft-y-riffic time! We'll have tables set up with different crafts and activities for you to enjoy. Fun for the whole family! While supplies last.

CPL Albion Bolton Community Corner - Health and Wellness Ambassadors

Date and Time: Wednesday, March 15 10:30 am - 12:30 pm

Address: 150 Queen St S. Bolton, ON

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Albion Bolton Library Branch every week from March 1 until April 5 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, March 15 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 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

CSC - St Patrick's Irish Special Lunch

Date and Time: Wednesday, March 15 11:30 am - 12:45 pm

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

The Caledon Seniors Centre at Rotary Place in Bolton is having a St. Patrick's Irish Special Lunch on Wed. March 15, 2023. The menu is: Irish Pan Haggarty - a traditional dish of potatoes, layered with crispy bacon & caramelized onions, topped with a generous layer of melted cheese, and pistachio dessert, tea/coffee. cost is \$10. Pick-up @ 11:30 am, Dine-in served at 12 pm, local delivery available for \$2. Order deadline is Monday, March 13 at 3:30 pm. Call 905-951-6114 to reserve your tickets!

Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, March 15 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: Kids Can... Craft!

Date and Time: Wednesday, March 15 2:00 pm

Address: Caledon Public Library - Inglewood Branch, 15825 McLaughlin Road Caledon, ON L7C 1H4

Drop in the library for a craft-y-riffic time! We'll have tables set up with different crafts and activities for you to

enjoy. Fun for the whole family! While supplies last.

Thursday, March 16, 2023

Unearth Uncover Art Exhibition

Date and Time: Thursday, March 16 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

CPL: Author Visit with Robyn Gram-Barclay

Date and Time: Thursday, March 16 10:30 am - 11:30 am

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

Drop by and join local artist, author and illustrator Robyn Gram-Barclay, in an exciting book share and signing of the award-winning picture book “My Good Friend, Ted!” and the follow-up “My Good Friend, Ted! The Sequel in The Ocean of Colour.” Ms. Gram-Barclay will read both books and share some of her original watercolor illustrations, while answering any questions about the book and publishing process.

CPL: Teen Café: Perler Bead Fun

Date and Time: Thursday, March 16 2:00 pm

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

Let your imagination run wild and use perler beads to create fun art. Supplies will be provided.

[Register today.](#)

PAMA Youth Council Presents Movie Night in the Courthouse

Date and Time: Thursday, March 16 6:45 pm - 7:45 pm

Address: 9 Wellington Street East, Brampton

The PAMA Youth Council invites teens and youth to its first Movie Night! Join us for a free viewing of National Film Board short films covering a variety of themes.

Food will be available for purchase.

Pre-registration is required.

CPL: March Break Bingo Night

Date and Time: Thursday, March 16 7:00 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

Try your luck at our March Break bingo! Join us virtually on Zoom for live BINGO and try to win a prize! Zoom link will be emailed to participants via a confirmation email at time of registration.

Friday, March 17, 2023

Unearth Uncover Art Exhibition

Date and Time: Friday, March 17 9:00 am - 5:00 pm

Address: Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre

In partnership with the City of Mississauga and the Peel District School Board, the Town of Caledon is pleased to be hosting pieces from the *Unearth Uncover* exhibit created by Cawthra Park Secondary School students. This exhibition features student-made artwork featuring prominent Black Canadians which highlight the exclusion and erasure of Black History in Canadian curriculum. The exhibition will run from January 19 through March 17 at Caledon Centre for Recreation, Caledon East Community Centre and Southfields Community Centre.

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, March 17 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.

March Break at PAMA

Date and Time: Friday, March 17 10:00 am - 4:00 pm

Address: 9 Wellington Street East

Visit PAMA this March Break for a fun week of art, science, and special guests!

Drop-in anytime from 10 a.m. - 4 p.m. for creative activities.

Drop-in Creative Activity Schedule:

Monday, March 13: Discover the science behind magic with mysterious prints

Tuesday, March 14: Investigate technology with binary code keychains

Wednesday, March 15: Learn about aerodynamics while engineering your own kite

Thursday, March 16: Colour theory and art collide with a unique painting technique as you create a pointillism skyscape

Friday, March 17: Use mathematics to design your own colourful robot

Special Guest Schedule:

Monday, March 13 | 11 a.m. – 11:45 a.m. and 1 p.m. – 1:45 p.m.:

Magicians CAN do the impossible! Be astounded by the Amazing Corbin as he performs family friendly magic and mysteries.

Wednesday, March 15 | 11 a.m. – 11:45 a.m. and 1 p.m. – 1:45 p.m.:

Bubbleology featuring” Miss T the Bubble Queen”.

Friday, March 17 | 11 a.m. – 12 p.m. and 1 p.m. – 2 p.m.:

Hands-on STEM workshop with Scientists in the School.

CPL Southfield Community Corner - Health and Wellness Ambassadors

Date and Time: Friday, March 17 10:00 am - 12:30 pm

Address: 225 Dougall Ave

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Southfields Community Library Branch every week from March 3 until March 31 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

St. Patrick's Day Party with Entertainment at Bolton Mills

Date and Time: Friday, March 17 10:30 am - 12:30 pm

Address: 100 Morra Avenue, Bolton ON L7E 4K9

Aspira Bolton Mills welcomes you to our St. Patrick's Day Celebration with live music and an Irish Inspired Lu

nch on March 17th 2023. Please RSVP if you would like to attend. Bring an friend and come and enjoy this amazing event.

CPL: Author Visit with Lisa Oatway

Date and Time: Friday, March 17 10:30 am

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

Join Caledon Public Library for an author visit with published children's author and local Caledon resident Lisa Oatway. The Dinosaur Encounter — The Alberta Episode is her first book in a series of 13 stories in the Blue Crescent Moon series. There will be one for each province and territory in Canada! To find out more about Lisa please check out her bio at <https://artfulcaledon.ca/lisa-oatway/>

[Register today.](#)

Caledon Seniors' Council

Date and Time: Friday, March 17 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, March 17 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, March 17 2:00 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 Collection. 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 and drinks will be provided.

This month we will be screening "Team Marco". Young Marco's grandfather introduces Marco to bocce ball and to the neighborhood crew of old Italian men who play after Nonno moves in. With sport, laughter and love, Marco rounds up a team of neighborhood kids to take on Nonno's team.

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

CPL: Kids Can... Craft!

Date and Time: Friday, March 17 2:00 pm

Address: Caledon Public Library - Caledon Village Branch, 18313 Hurontario Street Caledon, ON L7K 0X7

Drop in the library for a craft-y-riffic time! We'll have tables set up with different crafts and activities for you to enjoy. Fun for the whole family! While supplies last.

Saturday, March 18, 2023

CSC - St. Patrick's Day Luncheon & Bid Euchre Tournament

Date and Time: Saturday, March 18 11:00 am - 4:30 pm

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

Join us at the Caledon Seniors Centre at Rotary Place in Bolton on Saturday, March 18 for a St. Patrick's Day Luncheon & Bid Euchre Tournament. Enjoy the Irish Happy Hour and sing-along @ 11:30 am, followed by lunch. Lunch menu is fish & chips, coleslaw, pistachio dessert tea/coffee. The Bid Euchre Tournament will follow lunch @ 1:30 pm. Cost: lunch & tournament is \$20, lunch only is \$10 and tournament only is \$10. Pre-registration is required! Call the Centre at 905-951-6114 to reserve your tickets!

What If: A Scented Experience with Tracy Pepe

Date and Time: Saturday, March 18 2:00 pm - 3:00 pm

Address: 9 Wellington Street East

Using scent derived from natural plant essential oils, scent expert Tracy Pepe will walk you through an innovative and engaging opportunity to feel and smell happy. Participants will have the opportunity to take part in a guided PAMA tour and scent game while learning more about smells along the way.

Recommended for ages 7 - 13. Children must be accompanied by a guardian.

Pre-registration required.

Monday, March 20, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, March 20 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 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, March 20 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, March 20 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

PUCK - Gentle Chair Yoga

Date and Time: Monday, March 20 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, March 21, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon Village

Date and Time: Tuesday, March 21 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 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

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, March 21 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****

CPL: Tech Help @ the Library: CPL Mobile App

Date and Time: Tuesday, March 21 6:30 pm

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

Did you know CPL has an app? With one quick download, you can have the whole library in your pocket! Find out how you can use the CPL Mobile app to manage your family's borrowing, keep up to date on library news, and find your next great read!

Please note: This program will be held in person at the Albion Bolton branch and will not be recorded.

[Register today.](#)

CPL: Teen Book Cover Bingo

Date and Time: Tuesday, March 21 7:00 pm

Address: Caledon Public Library - Southfields Village Branch 225 Dougall Ave, Caledon, ON L7C 3M7

Try your luck at our Book Cover-themed bingo! Join us on Zoom for live BINGO and try to win a prize! Zoom link will be emailed to participants via a confirmation email at time of registration.

[Register today.](#)

Wednesday, March 22, 2023

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

Date and Time: Wednesday, March 22 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+

CPL Albion Bolton Community Corner - Health and Wellness Ambassadors

Date and Time: Wednesday, March 22 10:30 am - 12:30 pm

Address: 150 Queen St S. Bolton, ON

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Albion Bolton Library Branch every week from March 1 until April 5 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, March 22 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 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

Caledon East Seniors - Weekly Euchre

Date and Time: Wednesday, March 22 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: Local Species at Risk presented by Ontario Streams

Date and Time: Wednesday, March 22 6:30 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

Want to learn more about the local wildlife in Caledon? Get to know the species at risk and their habitats in this region with our guest Kat Lucas from Ontario Streams. We will finish off the workshop with information about how we can all help protect the environment around us.

This program will be hosted on Zoom and is intended for adults. This program will not be recorded for future viewing.

[Register today.](#)

Thursday, March 23, 2023

Ontario Caregiver Organization - Tools for Better Transitions Between Hospital and Home. (Webinar)

Date and Time: Thursday, March 23 12:00 pm - 1:00 pm

Address: 6311 Old Church Rd.

Webinar provided by the Ontario Caregiver Organization.

Transitioning between hospital and home can be stressful for family caregivers and their care recipients. In partnership with Ontario Health, this webinar provides caregivers with information, resources, and tools to support patient transitions between hospital and home. We will hear lived experiences from two caregivers, and Dr. Karen Okrainec, a Clinician-Scientist and Assistant Professor at University Health Network and the University of Toronto. Dr. Okrainec will showcase the Patient Oriented Discharge Summary (PODS) tool, designed to alleviate stress for patients and their caregivers during transitions.

Webinar participants will learn how to:

- Understand the importance of seamless, fully coordinated transitions between hospital and home
- Use the quality standard and patient guide to support conversations with health care providers on a written transition plan, medications, home and community care, medical equipment and devices, follow-up appointments, and possible changes to your routine at home
- Identify tools and resources that can help support families and caregivers through the transition process

Please note that this presentation is available in English only.

- For any difficulty with registration or any other questions, please contact us at info@ontariocaregiver.ca or call 1-888-877-1626 X 1011

<https://www.eventbrite.ca/e/tools-for-better-transitions-between-hospital-and-home-tickets-375183553107>

CASINO Afternoon at Bolton Mills

Date and Time: Thursday, March 23 2:00 pm - 4:00 pm

Address: 100 Morra Avenue, Bolton ON L7E 4K9

Aspira Bolton Mills welcomes you to our afternoon at the CASINO. Come and test your luck with our tables and

nd slots, with some added fun to fill your afternoon. Bring a friend and come enjoy.

Friday, March 24, 2023

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, March 24 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.

CPL Southfield Community Corner - Health and Wellness Ambassadors

Date and Time: Friday, March 24 10:00 am - 12:30 pm

Address: 225 Dougall Ave

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Southfields Community Library Branch every week from March 3 until March 31 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors' Council

Date and Time: Friday, March 24 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, March 24 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 - Monthly Dinner

Date and Time: Friday, March 24 4:30 pm - 6:30 pm

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

The Caledon Seniors Centre at Rotary Place in Bolton is hosting their Monthly Dinner on Friday, March 24, 2023. The menu is lasagna, Caesar salad, garlic bread and chocolate eclair dessert. Cost is \$15. Pick-up @ 4:30, Dine-in served at 5:30 pm, local delivery for \$2. Order deadline is Wed. March 22. Call the Centre at 905-951-6114 to reserve your tickets!

Saturday, March 25, 2023

CPL: Indigenous Series: Kairos Blanket Exercise

Date and Time: Saturday, March 25 1:00 pm

Address: 150 Queen Street South, Bolton, ON L7E 1E3

Join us to take part in this intense, interactive virtual 3 hour workshop that demonstrates the relationship between Indigenous and non-Indigenous people.

The Blanket Exercise is based on using Indigenous methodologies and the goal is to build understanding about our shared history as Indigenous and non-Indigenous peoples in Canada by walking through pre-contact, treaty-making, colonization and resistance. Everyone is actively involved as they step onto blankets that represent the land, and into the role of First Nations, Inuit and later Métis peoples. By engaging on an emotional and intellectual level, the Blanket Exercise effectively educates and increases empathy.

This program will not be recorded for future viewing.

This session is part of Caledon Public Library's year-long Indigenous Series. For more information and resources, please see CPL's Truth and Reconciliation page. Many thanks to the Brampton Caledon Community Foundation for its generous funding support.

[Register today.](#)

Facing Claude Cahun & Marcel Moore: Exhibition Celebration & Panel Discussion

Date and Time: Saturday, March 25 2:00 pm - 4:00 pm

Address: 9 Wellington Street East

Join us during the final weeks of *Facing Claude Cahun & Marcel Moore* for a celebration of the exhibition. The exhibition curator, Michelle Gewurtz, will lead a discussion with artists August Klintberg, Cara Tierney and Laura Taler. The artists will explore critical issues related to the expression of non-binary gender and the negotiation of intersectional identity and subjectivity through visual and literary representation.

Facing Claude Cahun & Marcel Moore bridges generational and geographic divides as contemporary artists respond to the ground-breaking work of Surrealist artist and genderqueer pioneer Claude Cahun (1894-1954) and their partner Marcel Moore (1892-1972).

The panel talk will take place from 2 – 3 p.m. Meet the artists in the Art Gallery from 3 – 4 p.m.

Please RSVP to PAMAEventRSVP@peelregion.ca

Sunday, March 26, 2023

Sunday FUNday

Date and Time: Sunday, March 26 1:00 pm - 4:30 pm

Address: 9 Wellington Street East

Drop-in and enjoy instructor-led art activities that are fun for the whole family!

March activity: Discover the history of PAMA's buildings and create artwork inspired by the architecture.

Recommended for children ages 4 – 12, guardians must accompany children.

Monday, March 27, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon East

Date and Time: Monday, March 27 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 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, March 27 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.

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

Date and Time: Monday, March 27 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

PUCK - Gentle Chair Yoga

Date and Time: Monday, March 27 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 muscle

s, 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, March 28, 2023

Caledon Seniors Centre - Weekly Satellite Program - Caledon Village

Date and Time: Tuesday, March 28 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 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

CMOW - Senior's Social and Wellness Program - Valleywood

Date and Time: Tuesday, March 28 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****

Wednesday, March 29, 2023

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

Date and Time: Wednesday, March 29 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+

CPL Albion Bolton Community Corner - Health and Wellness Ambassadors

Date and Time: Wednesday, March 29 10:30 am - 12:30 pm

Address: 150 Queen St S. Bolton, ON

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will be at the Albion Bolton Library Branch every week from March 1 until April 5 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors Centre - Weekly Satellite Program - Southfields

Date and Time: Wednesday, March 29 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 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, March 29 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, March 30, 2023

Connections Art & Book Club in Partnership with Brampton Library

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

Address: 9 Wellington Street East

Literature and visual art connect in this distinctive book club. In honor of the upcoming International Day of Transgender Visibility, join Brampton Library and PAMA for a book discussion of *I'm Afraid of Men* by Vivek Shraya paired with a tour of the exhibition *Facing Claude Cahun & Marcel Moore*.

Registration required with Brampton Library: <https://bramlib.libnet.info/event/7632821>

Friday, March 31, 2023

CMOW - Senior's Social and Wellness Program - Palgrave

Date and Time: Friday, March 31 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.

CPL Southfield Community Corner - Health and Wellness Ambassadors

Date and Time: Friday, March 31 10:00 am - 12:30 pm

Address: 225 Dougall Ave

In partnership with the Caledon Public Library, Age-Friendly Caledon's Health and Wellness Ambassadors will

be at the Southfields Community Library Branch every week from March 3 until March 31 to answer your questions, have a friendly chat, or provide you with information and resources about wonderful activities happening in the community.

come on by and say hello!

Caledon Seniors' Council

Date and Time: Friday, March 31 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, March 31 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)

<https://calendar.caledon.ca>