

# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  10:00 Caledon Seniors Centre - Classic Cafe - Inglewood	2  9:00 Caledon Seniors Centre - Weekly Satellite Program - Caledon East  9:30 CMOW - Senior's Social and Wellness Program - Palgrave  10:00 Caledon Seniors' Council  11:15 Free Try-It Fitness Classes - Qi Gong  4:00 Mistletoe Mountain Christmas Market  5:00 The Forgetful Elf  5:00 Caledon Seniors Centre - Christmas Dinner & Dance  6:00 Olde Tyme Christmas  7:30 Alton Legion - Friday Night Fun Darts	3  12:00 Mistletoe Mountain Christmas Market  4:45 Caledon Village Christmas Tree Lighting & Parade  5:00 The Forgetful Elf  5:30 Palgrave and Area Community Tree Lighting and Home Decoration Contest Winner
4  12:00 Mistletoe Mountain Christmas Market	5  10:00 PUCK - Nordic Walking Fall Sessions  2:00 PUCK - Gentle Chair Yoga	6  9:00 Caledon Seniors Centre - Weekly Satellite Program - Caledon Village  10:00 CMOW - Senior's Social and Wellness Program - Valleywood  10:30 Free Try-It Fitness Classes - Qi Gong  7:00 CPL: Snowy Night Story Time	7  10:00 CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church  11:00 Caledon Seniors Centre - Weekly Satellite Program - Southfields  6:30 CPL: World Cup Trivia	8  10:30 Free Try-It Classes - Active Aging Yoga	9  9:00 Caledon Seniors Centre - Weekly Satellite Program - Caledon East  9:30 CMOW - Senior's Social and Wellness Program - Palgrave  10:05 Caledon Seniors' Council  5:00 The Forgetful Elf  7:30 Alton Legion - Friday Night Fun Darts	10  5:00 The Forgetful Elf
11	12  9:30 Free Try-It Classes - Zumba 55+  10:00 PUCK - Nordic Walking Fall	13  9:00 Caledon Seniors Centre - Weekly Satellite Program - Caledon Village	14  10:00 CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church	15  11:30 Caledon Seniors Centre - Christmas Luncheon  1:30 Free Try-It Classes - Chair Yoga	16  9:00 Caledon Seniors Centre - Weekly Satellite Program - Caledon East	17

	<p>Sessions</p> <p>1:00 CW Self-Management Program: Diabetes, Healthy Feet and You - Free Online Workshop</p> <p>2:00 PUCK - Gentle Chair Yoga</p>	<p>7:00 CPL: Winter Celebrations Around the World</p>	<p>11:00 Caledon Seniors Centre - Weekly Satellite Program - Southfields</p> <p>1:00 CW Self-Management Program: Getting the most from your healthcare appointment - Free Online Workshop</p> <p>5:30 Caledon East Tree Lighting and Pictures with Santa and Mrs. Claus</p> <p>7:00 CPL: Coping with Grief During the Holidays</p>		<p>9:30 CMOW - Senior's Social and Wellness Program - Palgrave</p> <p>10:05 Caledon Seniors' Council</p> <p>7:30 Alton Legion - Friday Night Fun Darts</p>	
18	<p>19</p> <p>10:00 PUCK - Nordic Walking Fall Sessions</p> <p>2:00 PUCK - Gentle Chair Yoga</p>	<p>20</p> <p>9:00 Caledon Seniors Centre - Weekly Satellite Program - Caledon Village</p> <p>10:00 CMOW - Senior's Social and Wellness Program - Valleywood</p>	<p>21</p> <p>10:00 CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church</p> <p>11:00 Caledon Seniors Centre - Weekly Satellite Program - Southfields</p>	22	<p>23</p> <p>7:30 Alton Legion - Friday Night Fun Darts</p>	24
25	26	<p>27</p> <p>9:00 Caledon Seniors Centre - Weekly Satellite Program - Caledon Village</p> <p>10:00 CMOW - Senior's Social and Wellness Program - Valleywood</p>	<p>28</p> <p>10:00 CMOW - Senior's Social and Wellness Program - Cheltenham Baptist Church</p> <p>11:00 Caledon Seniors Centre - Weekly Satellite Program - Southfields</p>	29	30	