

## Thursday, December 1, 2022

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### Caledon Seniors Centre - Classic Cafe - Inglewood

Date and Time: Thursday, December 1 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](mailto:satelliteprogram@caledonseniors.ca)

Inglewood program runs September to June.

## Friday, December 2, 2022

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

Date and Time: Friday, December 2 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!

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.

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

Date and Time: Friday, December 2 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 2 10:00 am - 4:30 pm

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

Every Friday, Caledon Seniors' Council will host a "Euchre & Bridge" session at St. James Church in Caledon East.

Friendly chats, card games, and guest speakers to enlighten you on various topics.

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

## Free Try-It Fitness Classes - Qi Gong

Date and Time: Friday, December 2 11:15 am - 12:15 pm

Address: 225 Dougall Ave

**Southfields Community Centre – December 2 @ 11:15 a.m.**

**Description:** Join us in an ancient practice of qi gong which literally translates to “life energy cultivation.” The slow and focused nature of qi gong allows for mindful movements where the participant becomes aware of body posture, movement, balance, coordination, breathing. The slow movements help develop muscular strength, endurance, and stability all while promoting calmness.

## Mistletoe Mountain Christmas Market

Date and Time: Friday, December 2 4:00 pm - 9:00 pm

Address: 20706 Heart Lake Rd, Caledon Village, ON L7K 2A2

We completely transform our resort into an immersive holiday experience filled with family friendly events and activities.

Some of which include:

- Photos with Santa!
- A wine tasting lead by Ben Whitty of 13th Street Winery
- Make a beautiful wooden sign for your home with guidance from Courtney Collier of Bugs Boutique
- Children's workshops such as ornament and cookie decorating
- A step-by-step workshop on designing and creating your own holiday wreath with seasonal greens and decorations

- AND MORE!!

This event is free to everyone; however, donations are welcome! All proceeds will go to Family Transition Place!

## The Forgetful Elf

Date and Time: Friday, December 2 5:00 pm - 8:00 pm

Address: 16500 Peel Regional Rd 50, Caledon, ON L7E 3E7

Join us at Albion Hills Conservation Park in Caledon for an immersive Christmas experience with The Forgetful Elf!

## The Forgetful Elf Ticket Prices

- Up to six people (safely) in your vehicle: \$48 + HST
- Additional tickets (per person): \$10 + HST
- Free admission for children two and under

Tickets must be purchased in advance. Enter through the Albion Hills Conservation Park main entrance during your designated time slot between 5:00 and 8:00pm

**During the Forgetful Elf experience, we will be collecting canned food donations for Caledon Community Services. This food will support families, youth, and seniors in our community. Please consider bringing a food donation with you to the event. All donations can be dropped off prior to exiting the park. [Learn more about Caledon Community Services.](#)**

## Caledon Seniors Centre - Christmas Dinner & Dance

Date and Time: Friday, December 2 5:00 pm - 10:30 pm

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

The Caledon Seniors Centre at Rotary Place in Bolton is hosting their annual Christmas Dinner & Dance on Friday, December 2, 2022. Enjoy a traditional Christmas dinner with all the trimmings. Entertainment is by One Man Band Tristan Alexander.

Cost is \$30.

Take-out -- 5:00 to 6:00 pm

Dine-in served at 6:30 pm

Local delivery available for \$2

Proof of vaccination required or a negative antigen test.

Call the Centre to reserve your tickets.

## Olde Tyme Christmas

Date and Time: Friday, December 2 6:00 pm - 9:00 pm

Address: Queen street North

Is anyone feeling the Christmas spirit yet? Well we hope you will be after this news

We're so excited that Ye Olde Tyme Christmas will be returning in 2022 and it's going to be more festive than ever

On Friday, December 2nd from 6-9pm, we invite you to Downtown Bolton for a magical night of:

Free Photos with Santa & Mrs. Claus

Annual Tree Lighting

Vendor Market with 50+ vendors

Food Trucks

Christmas Carolers

Giant Interactive Snow Globe

Stores & restaurants in the Downtown core will have extended hours

Queen St N will be closed to car traffic for the evening, allowing for easy and safe travel between all of the festive activities

Click the link in our bio for more information, a map / schedule and road closures

This event is presented in collaboration with the [@boltoncommunitycrewinc](#) & Downtown Bolton Task Force

## Alton Legion - Friday Night Fun Darts

Date and Time: Friday, December 2 7:30 pm - 9:30 pm

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

The Alton Legion is hosting weekly fun darts.

Want to play darts, but don't have the time to sign up for a league? Then this is for you! A drop-in evening of darts with both new and experienced players. No need to create a team. Each week you'll play with different people. Not a legion member? No worries. Everyone is welcome (must be over 19), so bring your neighbours and friends. (We even have darts to rent.)

\$5 per person/week. Cash prizes pay out weekly.

## Saturday, December 3, 2022

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### Mistletoe Mountain Christmas Market

Date and Time: Saturday, December 3 12:00 pm - 9:00 pm

Address: 20706 Heart Lake Rd, Caledon Village, ON L7K 2A2

We completely transform our resort into an immersive holiday experience filled with family friendly events and

activities.

Some of which include:

- Photos with Santa!
- A wine tasting lead by Ben Whitty of 13th Street Winery
- Make a beautiful wooden sign for your home with guidance from Courtney Collier of Bugs Boutique
- Children's workshops such as ornament and cookie decorating
- A step-by-step workshop on designing and creating your own holiday wreath with seasonal greens and decorations
- AND MORE!!

This event is free to everyone; however, donations are welcome! All proceeds will go to Family Transition Place!

## Caledon Village Christmas Tree Lighting & Parade

Date and Time: Saturday, December 3 4:45 pm

Address: Raeburns Corner

Parade will start at Caledon Central, Events will follow at Knox Church & Raeburns Corner

- Carol Singing
- Silent Auction
- Magic Show
- Children's Raffle draw
- Hot dogs & Chilli
- Hot chocolate & Coffee

## The Forgetful Elf

Date and Time: Saturday, December 3 5:00 pm - 8:00 pm

Address: 16500 Peel Regional Rd 50, Caledon, ON L7E 3E7

Join us at Albion Hills Conservation Park in Caledon for an immersive Christmas experience with The Forgetful Elf!

## The Forgetful Elf Ticket Prices

- Up to six people (safely) in your vehicle: \$48 + HST
- Additional tickets (per person): \$10 + HST
- Free admission for children two and under

Tickets must be purchased in advance. Enter through the Albion Hills Conservation Park main entrance during your designated time slot between 5:00 and 8:00pm

**During the Forgetful Elf experience, we will be collecting canned food donations for Caledon Community Services. This food will support families, youth, and seniors in our community. Please consider bringing a food donation with you to the event. All donations can be dropped off prior to exiting the park. [Learn more about Caledon Community Services.](#)**

## Palgrave and Area Community Tree Lighting and Home Decoration Contest Winner

Date and Time: Saturday, December 3 5:30 pm - 7:30 pm

Address: Stationlands Park Palgrave

The Palgrave Rotary invites you to the *Annual Palgrave and Area Community Tree Lighting & Home Decorating Contest Winner Announcement* on Saturday December 3, 2022 from 5:30 pm to 7:30 pm at Stationlands Park Palgrave (Hwy 50 & Brawton Drive).

5:45 pm – Welcome

6:00 pm – Singers from Hit That Note Studio Bolton

6:30 pm - Tree Lighting

7:00 pm – A visit from Santa!

7:25 pm – Home Decorating Winner Announcement

The Rotary Chuckwaggon on site throughout the event serving hot chocolate, hot cider and hot dogs! There will be a Holiday Craft table with the Girl Guides.

Palgrave residents it's your chance to shine with your Holiday light display. Palgrave Rotary members will be scanning the town to choose the winner of the Holiday Home Decoration contest. Winner will be awarded at this Tree Lighting Event.

## Sunday, December 4, 2022

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### Mistletoe Mountain Christmas Market

Date and Time: Sunday, December 4 12:00 pm - 9:00 pm

Address: 20706 Heart Lake Rd, Caledon Village, ON L7K 2A2

We completely transform our resort into an immersive holiday experience filled with family friendly events and activities.

Some of which include:

- Photos with Santa!
- A wine tasting lead by Ben Whitty of 13th Street Winery
- Make a beautiful wooden sign for your home with guidance from Courtney Collier of Bugs Boutique
- Children's workshops such as ornament and cookie decorating
- A step-by-step workshop on designing and creating your own holiday wreath with seasonal greens and decorations
- AND MORE!!

This event is free to everyone; however, donations are welcome! All proceeds will go to Family Transition Place!

## Monday, December 5, 2022

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### PUCK - Nordic Walking Fall Sessions

Date and Time: Monday, December 5 10:00 am - 11:00 am

Address: 34 Pine Ave. Palgrave L7E 0L9

Palgrave United Community Kitchen (PUCK) is offering Nordic Walking!

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.

Join us outdoors for 1 hour of Nordic walking around the Palgrave neighbourhood. You will need good walking shoes (boots) and appropriate clothing for the weather (hat recommended). Note activity will be cancelled if inclement weather (icy conditions, snowstorm, heavy rain, thunderstorms). Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines). An indoor washroom is available at the church location but otherwise participants will be outside on the lawn (uneven terrain). There is also a shelter available for shade and protection. **Participants should be prepared to walk at least 1 km or longer (moderate fitness level).**

Participants will physically distance from each other and staff. You will be screened prior to the beginning of each session (Please arrive between 9:45 and 10 am to allow enough time to screen all 8 participants). Nordic Poles will be available for your use during each session and will be sanitized after each use.

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email [info@palgravekitchen.org](mailto:info@palgravekitchen.org) or phone 905-880-0303.

### PUCK - Gentle Chair Yoga

Date and Time: Monday, December 5 2:00 pm - 3:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

Palgrave United Community Kitchen (PUCK) is offering Weekly Gentle Chair Yoga!

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.

Join us for 1 hour of gentle yoga using a chair (provided). **You will need good walking shoes and appropriate clothing for the weather..** Please bring your own water bottle and mask (will be required to follow current Public Health Guidelines. An indoor washroom is available at the church location and class will be held outside under large white tent (unless extreme weather – thunderstorms).

Participants will physically distance from each other and staff – please self screen prior to participating (do not attend if advised by Public Health).

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email [info@palgravekitchen.org](mailto:info@palgravekitchen.org) or phone 905-880-0303.

## **Tuesday, December 6, 2022**

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

Date and Time: Tuesday, December 6 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. 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, December 6 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\*\***

## Free Try-It Fitness Classes - Qi Gong

Date and Time: Tuesday, December 6 10:30 am - 11:30 am

Address: 14111 Hwy 50

**Caledon Centre for Recreation & Wellness – December 6 @ 10:30 a.m.**

**Description:** Join us in an ancient practice of qi gong which literally translates to “life energy cultivation.” The slow and focused nature of qi gong allows for mindful movements where the participant becomes aware of body posture, movement, balance, coordination, breathing. The slow movements help develop muscular strength, endurance, and stability all while promoting calmness.

## CPL: Snowy Night Story Time

Date and Time: Tuesday, December 6 7:00 pm

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

Wear your warmest PJs and join us for a wintery themed evening full of stories, songs and activities.

For ages 6 and under.

[Register here.](#)

## Wednesday, December 7, 2022

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

Date and Time: Wednesday, December 7 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 7 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

## CPL: World Cup Trivia

Date and Time: Wednesday, December 7 6:30 pm

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

Are you loving the FIFA World Cup? Do you fancy yourself a soccer expert? Well then come to the library and test your knowledge of soccer trivia. We encourage you to wear your favourite player's jersey. You're welcome to work as a team and there will be a prize awarded to the winning team! All ages are welcome and if you aren't able to register, you're welcome to drop in.

[Register here.](#)

## Thursday, December 8, 2022

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### Free Try-It Classes - Active Aging Yoga

Date and Time: Thursday, December 8 10:30 am - 11:30 am

Address: 150 Queen St S, Bolton, ON L7E 1E3

**Albion Bolton Community Centre – December 8 @ 10:30 a.m.**

**Description:** Yoga increases balance, strength, flexibility, and coordination. This class is suitable for those that are looking to improve circulation, exercise the mind, and increase concentration.

## Friday, December 9, 2022

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

Date and Time: Friday, December 9 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!

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.

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

Date and Time: Friday, December 9 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 9 10:05 am - 4:30 pm

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

Every Friday, Caledon Seniors' Council will host a "Euchre & Bridge" session at St. James Church in Caledon East.

Friendly chats, card games, and guest speakers to enlighten you on various topics.

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

## The Forgetful Elf

Date and Time: Friday, December 9 5:00 pm - 8:00 pm

Address: 16500 Peel Regional Rd 50, Caledon, ON L7E 3E7

Join us at Albion Hills Conservation Park in Caledon for an immersive Christmas experience with The Forgetful Elf!

## The Forgetful Elf Ticket Prices

- Up to six people (safely) in your vehicle: \$48 + HST
- Additional tickets (per person): \$10 + HST
- Free admission for children two and under

Tickets must be purchased in advance. Enter through the Albion Hills Conservation Park main entrance during your designated time slot between 5:00 and 8:00pm

**During the Forgetful Elf experience, we will be collecting canned food donations for Caledon Community Services. This food will support families, youth, and seniors in our community. Please consider bringing a food donation with you to the event. All donations can be dropped off prior to exiting the park. [Learn more about Caledon Community Services.](#)**

## Alton Legion - Friday Night Fun Darts

Date and Time: Friday, December 9 7:30 pm - 9:30 pm

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

The Alton Legion is hosting weekly fun darts.

Want to play darts, but don't have the time to sign up for a league? Then this is for you! A drop-in evening of darts with both new and experienced players. No need to create a team. Each week you'll play with different people. Not a legion member? No worries. Everyone is welcome (must be over 19), so bring your neighbours and friends. (We even have darts to rent.)

\$5 per person/week. Cash prizes pay out weekly.

## Saturday, December 10, 2022

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### The Forgetful Elf

Date and Time: Saturday, December 10 5:00 pm - 8:00 pm

Address: 16500 Peel Regional Rd 50, Caledon, ON L7E 3E7

Join us at Albion Hills Conservation Park in Caledon for an immersive Christmas experience with The Forgetful Elf!

# The Forgetful Elf Ticket Prices

- Up to six people (safely) in your vehicle: \$48 + HST
- Additional tickets (per person): \$10 + HST
- Free admission for children two and under

Tickets must be purchased in advance. Enter through the Albion Hills Conservation Park main entrance during your designated time slot between 5:00 and 8:00pm

**During the Forgetful Elf experience, we will be collecting canned food donations for Caledon Community Services. This food will support families, youth, and seniors in our community. Please consider bringing a food donation with you to the event. All donations can be dropped off prior to exiting the park. [Learn more about Caledon Community Services.](#)**

## Monday, December 12, 2022

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### Free Try-It Classes - Zumba 55+

Date and Time: Monday, December 12 9:30 am - 10:30 am

Address: 225 Dougall Ave

**Southfields Community Centre - December 12 @ 9:30 a.m.**

**Description:** This cardio class combines fitness and dance moves set to great music. Suitable for all fitness levels.

### PUCK - Nordic Walking Fall Sessions

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

Address: 34 Pine Ave. Palgrave L7E 0L9

Palgrave United Community Kitchen (PUCK) is offering Nordic Walking!

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.

Join us outdoors for 1 hour of Nordic walking around the Palgrave neighbourhood. You will need good walking shoes (boots) and appropriate clothing for the weather (hat recommended). Note activity will be cancelled if inclement weather (icy conditions, snowstorm, heavy rain, thunderstorms). Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines). An indoor washroom is available at the church location but otherwise participants will be outside on the lawn (uneven terrain). There is also a shelter available for shade and protection. **Participants should be prepared to walk at least 1 km or longer (moderate fitness level).**

Participants will physically distance from each other and staff. You will be screened prior to the beginning of each session (Please arrive between 9:45 and 10 am to allow enough time to screen all 8 participants). Nordic Poles will be available for your use during each session and will be sanitized after each use.

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email [info@palgravekitchen.org](mailto:info@palgravekitchen.org) or phone 905-880-0303.

## CW Self-Management Program: Diabetes, Healthy Feet and You - Free Online Workshop

Date and Time: Monday, December 12 1:00 pm - 2:30 pm

Address: 6311 Old Church Rd.

DIABETES, HEALTHY FEET AND YOU - Online Zoom Workshop hosted by Central West Self-Management Program and Healthy Feet

Developed by Wounds Canada, this educational workshop helps you learn how to enjoy an active life, keep your feet healthy and prevent foot complications through good diabetic foot care practices.

This workshop will provide you with:

- A list of questions to ask your healthcare provider
- A shoe fitting guide
- A workbook and resources to help with managing foot care and selecting proper footwear

To Register or more Information:

[cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca) or call 1-844-643-7393 (Toll-Free)

## PUCK - Gentle Chair Yoga

Date and Time: Monday, December 12 2:00 pm - 3:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

Palgrave United Community Kitchen (PUCK) is offering Weekly Gentle Chair Yoga!

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.

Join us for 1 hour of gentle yoga using a chair (provided). **You will need good walking shoes and appropriate clothing for the weather..** Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines. An indoor washroom is available at the church location and class will be held outside under large white tent (unless extreme weather – thunderstorms).

Participants will physically distance from each other and staff – please self screen prior to participating (do not attend if advised by Public Health).

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email [info@palgravekitchen.org](mailto:info@palgravekitchen.org) or phone 905-880-0303.

## **Tuesday, December 13, 2022**

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

Date and Time: Tuesday, December 13 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

### **CPL: Winter Celebrations Around the World**

Date and Time: Tuesday, December 13 7:00 pm

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

Join us for an evening of celebrations from around the world! Explore through stories and activities various winter celebrations.

For ages 6-9.

[Register here.](#)

## **Wednesday, December 14, 2022**

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

Date and Time: Wednesday, December 14 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 14 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

## **CW Self-Management Program: Getting the most from your healthcare appointment - Free Online Workshop**

Date and Time: Wednesday, December 14 1:00 pm - 2:00 pm

Address: 6311 Old Church Rd.

This interactive workshop focuses on what to do before, during, and after an appointment, preparing and empowering individuals to communicate more effectively with their health care provider.

Interested in attending? Join us for our next session:

Date: Wednesday December 14, 2022

Time: 1:00 pm – 2:00 pm

Location: Online via Zoom

For More Information and to Register:

Phone: 905-863-2574 or 1-844-643-7393 E-mail: [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca)

Website: [www.cwselfmanagement.ca](http://www.cwselfmanagement.ca)

## **Caledon East Tree Lighting and Pictures with Santa and Mrs. Claus**



Date and Time: Wednesday, December 14 5:30 pm - 7:00 pm

Address: 6311 Old Church Rd

On Wednesday, December 14, 2022, at 5:30pm, [Mrs. Jessica Claus](#) and I will be arriving at the Caledon Town Hall to help light the Christmas Tree.

I have asked lots of helpers to assist me so you can have some music, cocoa, local delectable treats, and have your parents take pictures of you with myself and Mrs. Claus.

This tree-lighting event is free. Mrs. Claus and I ask that you bring a little something for the Food Bank so that everyone has a full tummy for Christmas.

## **CPL: Coping with Grief During the Holidays**

Date and Time: Wednesday, December 14 7:00 pm

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

The holiday season can be particularly challenging, especially for those who are struggling to cope with grief and loss – and the pandemic only makes things worse. Join Bethell Hospice for an informative and supportive discussion, and learn coping strategies and positive ways to remember and honour your loved ones during the holidays, including art therapy activities.

Join us either in-person at the Albion Bolton Branch or virtually on Zoom for this program. This program will not be recorded for future viewing.

[Learn more about Zoom](#)

[Learn how to join a Zoom meeting](#)

This program is provided for information only. The views and opinions expressed do not necessarily reflect those of Caledon Public Library.

[Register here.](#)

## **Thursday, December 15, 2022**

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### **Caledon Seniors Centre - Christmas Luncheon**

Date and Time: Thursday, December 15 11:30 am - 2:30 pm

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

The Caledon Seniors Centre at Rotary Place in Bolton is hosting their annual Christmas Luncheon on Thursday, December 15, 2022. Enjoy a roast beef dinner with mashed potatoes, Yorkshire pudding, mixed vegetables, a bun and ice-cream sandwich dessert. There will also be entertainment!

Cost is \$30.

Take-out 11:30 am to 12:00 pm

Dine-in served at 12:30 pm

Local delivery available for \$2

Please call the Centre at 905-951-6114 to reserve your tickets.

## Free Try-It Classes - Chair Yoga

Date and Time: Thursday, December 15 1:30 pm - 2:30 pm

Address: 225 Dougall Ave

**Southfields Community Centre – December 15 @ 1:30 p.m.**

**Description:** A chair-based yoga program that delivers modified sitting and optional standing yoga poses to help increase balance. Improves flexibility, strength and concentration while reducing stress and joint strain.

## Friday, December 16, 2022

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

Date and Time: Friday, December 16 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!

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.

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

Date and Time: Friday, December 16 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 16 10:05 am - 4:30 pm

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

Every Friday, Caledon Seniors' Council will host a "Euchre & Bridge" session at St. James Church in Caledon East.

Friendly chats, card games, and guest speakers to enlighten you on various topics.

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

## Alton Legion - Friday Night Fun Darts

Date and Time: Friday, December 16 7:30 pm - 9:30 pm

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

The Alton Legion is hosting weekly fun darts.

Want to play darts, but don't have the time to sign up for a league? Then this is for you! A drop-in evening of darts with both new and experienced players. No need to create a team. Each week you'll play with different people. Not a legion member? No worries. Everyone is welcome (must be over 19), so bring your neighbours and friends. (We even have darts to rent.)

\$5 per person/week. Cash prizes pay out weekly.

## Monday, December 19, 2022

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### PUCK - Nordic Walking Fall Sessions

Date and Time: Monday, December 19 10:00 am - 11:00 am

Address: 34 Pine Ave. Palgrave L7E 0L9

Palgrave United Community Kitchen (PUCK) is offering Nordic Walking!

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.

Join us outdoors for 1 hour of Nordic walking around the Palgrave neighbourhood. You will need good walking shoes (boots) and appropriate clothing for the weather (hat recommended). Note activity will be cancelled if inclement weather (icy conditions, snowstorm, heavy rain, thunderstorms). Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines). An indoor washroom is available at the church location but otherwise participants will be outside on the lawn (uneven terrain). There is also a shelter available for shade and protection. **Participants should be prepared to walk at least 1 km or longer (moderate fitness level).**

Participants will physically distance from each other and staff. You will be screened prior to the beginning of each session (Please arrive between 9:45 and 10 am to allow enough time to screen all 8 participants). Nordic Poles will be available for your use during each session and will be sanitized after each use.

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email [info@palgravekitchen.org](mailto:info@palgravekitchen.org) or phone 905-880-0303.

## PUCK - Gentle Chair Yoga

Date and Time: Monday, December 19 2:00 pm - 3:00 pm

Address: 34 Pine Ave. Palgrave L7E 0L9

Palgrave United Community Kitchen (PUCK) is offering Weekly Gentle Chair Yoga!

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.

Join us for 1 hour of gentle yoga using a chair (provided). **You will need good walking shoes and appropriate clothing for the weather..** Please bring your own water bottle and mask (will be required to follow current Peel Health Guidelines. An indoor washroom is available at the church location and class will be held outside under large white tent (unless extreme weather – thunderstorms).

Participants will physically distance from each other and staff – please self screen prior to participating (do not attend if advised by Public Health).

Please complete the registration and waiver forms which include COVID-19 screening. If you have any questions, please email [info@palgravekitchen.org](mailto:info@palgravekitchen.org) or phone 905-880-0303.

## Tuesday, December 20, 2022

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

Date and Time: Tuesday, December 20 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 \$

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

Date and Time: Tuesday, December 20 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, December 21, 2022**

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

Date and Time: Wednesday, December 21 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 21 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. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

## **Friday, December 23, 2022**

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### **Alton Legion - Friday Night Fun Darts**

Date and Time: Friday, December 23 7:30 pm - 9:30 pm

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

The Alton Legion is hosting weekly fun darts.

Want to play darts, but don't have the time to sign up for a league? Then this is for you! A drop-in evening of darts with both new and experienced players. No need to create a team. Each week you'll play with different people. Not a legion member? No worries. Everyone is welcome (must be over 19), so bring your neighbours and friends. (We even have darts to rent.)

\$5 per person/week. Cash prizes pay out weekly.

## **Tuesday, December 27, 2022**

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

Date and Time: Tuesday, December 27 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 27 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, December 28, 2022**

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

Date and Time: Wednesday, December 28 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 28 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. Programing fee is \$ 3.00 per program. Lunch cost \$ \$7.00 Costs for special lunches \$ 9.00

<https://calendar.caledon.ca>