

Free activities in  
honour of



# Seniors Month

Join the celebrations!

**Caledon Public Library: Online Nature Journaling with Pencils, Paper & Nature**

June 7, 2023 | 10:30 a.m. – 12:30 p.m.  
Virtual – Zoom

**Eat Local Caledon!**

Community Lunch with Palgrave United Community Kitchen and EcoCaledon  
June 7, 2023 | 12 p.m. – 2 p.m.  
Palgrave United Church

**Advance Care Planning Workshop**

with Bethell Hospice  
June 8, 2023 | 2 – 4 p.m.  
Caledon Village Place

**Seniors Health and Fall Prevention Masterclass**

Hosted by Dr. Vikas Puri of Intelligent Health Group  
June 12, 2023 | 6 p.m.  
Virtual – Zoom

**Afternoon Strawberry Social**

with Caledon Seniors Centre  
June 15, 2023 | 2 – 4 p.m.  
Rotary Place Bolton

**Bingo Bash**

with Caledon Meals on Wheels  
June 20, 2023 | 1 – 3 p.m.  
Caledon East Community Complex

**Seniors Summer Social**

with Door to Door & More Inc.  
June 22, 2023 | 1 – 3 p.m.  
Inglewood Community Centre

**Watercolour Workshop** with PAMA

June 27, 2023 | 2 – 4 p.m.  
Caledon East Community Complex



Registration is required for the events above.  
Please visit [caledon.ca/adult55](https://caledon.ca/adult55) or call 311.



# Calendar of Events

For more information visit [caledon.ca/adult55](http://caledon.ca/adult55) or [caledon.ca/events](http://caledon.ca/events) or call 311

○ REGISTRATION REQUIRED



## June 1

- **Classic Café with Caledon Seniors Centre**  
10 a.m. – 2:30 p.m.  
Inglewood Community Centre  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

## June 2-4

- **Orangeville Blues and Jazz Festival**  
Downtown Orangeville  
[orangevillebluesandjazz.ca](http://orangevillebluesandjazz.ca)

## June 7

- **Online Nature Journaling with Pencils, Paper & Nature**  
Caledon Public Library  
10:30 a.m. – 12:30 p.m.  
Online Webinar – Zoom  
[caledon.library.on.ca](http://caledon.library.on.ca)  
905-857-1400

- **Eat Local Caledon!**  
Community Lunch with Palgrave United Community Kitchen and EcoCaledon  
12 p.m. – 2 p.m.  
[palgraveunitedchurch.ca/adult55](http://palgraveunitedchurch.ca/adult55)

## June 8

- **Advance Care Planning Workshop** with Bethell Hospice  
2 p.m. – 4 p.m.  
Caledon Village Place  
[bethellhospice.org](http://bethellhospice.org)  
905-452-4979

- **Caledon Garden Club Meeting – Anything but Grass** | 7:30 – 9 p.m.  
14190 Creditview Rd, Cheltenham  
905-838-3541

## June 9

- **Classic Café with Caledon Seniors Centre**  
9 a.m. – 3 p.m.  
Caledon East Community Complex  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

- **Tote Bags with Cricut** at Caledon Public Library  
10 a.m.  
Margaret Dunn Branch  
[caledon.library.on.ca](http://caledon.library.on.ca)  
905-857-1400

## June 10

- **Bike the Creek**  
8 a.m. – 2 p.m. | FREE  
[trca.ca/bike-the-creek](http://trca.ca/bike-the-creek)

## June 12

- **Senior Health and Fall Prevention Masterclass**  
Hosted by Dr. Vikas Puri of Intelligent Health Group  
6 p.m.  
Online Webinar – Zoom  
[caledon.ca/adult55](http://caledon.ca/adult55)

## June 13

- **CMOW Valleywood Euchre Card Party**  
12 p.m. – 3:30 p.m.  
Margaret Dunn Library  
[cmow.org](http://cmow.org)  
905-857-7651

- **Classic Café with Caledon Seniors Centre**

9 a.m. – 3 p.m.  
Caledon Village Place  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

## June 14

- **Classic Café with Caledon Seniors Centre**  
12 p.m. – 5 p.m.  
Alton Community Centre  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

## June 15

- **Afternoon Strawberry Social with Caledon Seniors Centre**  
2 – 4 p.m.  
Rotary Place Bolton  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

- **World Elder Abuse Awareness Day** hosted by EAPO, CNPEA, BC CRN, CanAge | 1 – 3 p.m.  
Online Webinar Event  
[www.weaad.ca](http://www.weaad.ca)

- **Tote Bags with Cricut** at Caledon Public Library  
2 p.m.  
Margaret Dunn Branch  
[caledon.library.on.ca](http://caledon.library.on.ca)  
905-857-1400

## June 16

- **Afternoon Film Club** at Caledon Public Library  
2 – 4 p.m.  
Albion Bolton Library Branch  
[caledon.library.on.ca](http://caledon.library.on.ca)  
905-857-1400

## June 17

- **Caledon Day**  
2 – 10 p.m. | FREE  
Caledon East Community Complex  
[caledon.ca/caledonday](http://caledon.ca/caledonday)

## June 20

- **Bingo Bash with Caledon Meals on Wheels**  
1 – 3 p.m.  
Caledon East Community Complex – Auditorium A  
[cmow.org](http://cmow.org)  
905-857-7651

## June 22

- **Seniors Summer Social with Door to Door & More Inc.**  
1 – 3 p.m.  
Inglewood Community Centre  
[caledon.ca/adult55](http://caledon.ca/adult55)

## June 27

- **Watercolour Workshop with PAMA**  
2 – 4 p.m.  
Caledon East Community Complex – Lion's Den  
[caledon.ca/adult55](http://caledon.ca/adult55)

## Every Monday

- **CMOW Seniors Community Program**  
11 a.m. – 12:30 p.m.  
35 Victoria Crescent  
[cmow.org](http://cmow.org)  
905-857-7651

- **Caledon Seniors Centre – Satellite Program**  
9 a.m. – 3 p.m.  
Caledon East Community Complex – Lion's Den  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

- **Nordic Walking** with Palgrave United Community Kitchen  
10 a.m. – 12 p.m.  
Palgrave United Church  
[palgravekitchen.org](http://palgravekitchen.org)  
905-880-0303

- **Chair Yoga** with Palgrave United Community Kitchen  
2 – 3 p.m.  
Palgrave United Church  
[palgravekitchen.org](http://palgravekitchen.org)  
905-880-0303

## Every Tuesday

- **Senior Tech Series** at Caledon Public Library  
1 p.m.  
Albion Bolton Library Branch  
[caledon.library.on.ca](http://caledon.library.on.ca)  
905-857-1400

## CMOW Seniors

- **Community Program**  
10 a.m. – 12 p.m.  
20 Snelcrest Drive, Caledon  
[cmow.org](http://cmow.org)  
905-857-7651

## Caledon Seniors Centre – Satellite Program

- 9:30 a.m. – 3 p.m.  
Caledon Village Place  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

## Every Wednesday

- **CMOW Seniors Community Program**  
10 a.m. – 12 p.m.  
14520 Creditview Road, Cheltenham  
[cmow.org](http://cmow.org)  
905-857-7651

## Caledon Seniors Centre – Satellite Program

- 11 a.m. – 3 p.m.  
Southfields Community Centre  
[caledonseniors.ca](http://caledonseniors.ca)  
905-951-6114

## Caledon East Seniors – Weekly Euchre

- 12:45 – 4 p.m.  
Caledon East Community Complex – Lion's Den  
905-584-0591

## Every Friday

- **CMOW Seniors Community Program**  
9:30 – 11:30 a.m.  
34 Pine Avenue, Palgrave  
[cmow.org](http://cmow.org)  
905-857-7651

- **Chair Yoga** with Palgrave United Community Kitchen  
2 – 3 p.m.  
Palgrave United Church  
[palgravekitchen.org](http://palgravekitchen.org)  
905-880-0303

## Drop-In for Seniors with Caledon Seniors Council

- 10:30 a.m. – 4 p.m.  
St. James Church  
905-584-0591

