



# CENTRE NEWS

C.S.C. WEBSITE: [www.caledonseniors.ca](http://www.caledonseniors.ca)



## CALEDON SENIORS' CENTRE

Welcome to the May-June 2019 newsletter. During May & June is when we hold our annual Caledon Friendly Games. The games are designed to encourage seniors to participate in fun activities with some friendly competition, some games do require knowledge of the game. There are 21 events (schedule enclosed), each game is a \$2 fee, and on June 20<sup>th</sup> we host an Awards Luncheon, sponsored by Bolton Mills Retirement Community. Look forward to seeing some new faces at the games this year 😊

## NEW PROGRAMS

Qi Jong is an ancient Chinese practice that is the mother of Tai Chi. It is a series of choreographed routines (sets) with breath work that is used as a daily practice to align your breath, movement and awareness – and improve health.

Yoga A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation. (Oxford Dictionaries)

We are looking at offering these programs on a Thursday morning if interested please sign up at the centre.

## MEN'S & LADIES GOLF

If you are interested in joining golf, we have a men's and ladies groups that meet each Wednesday. For more information call the Centre.

## FRIENDLY REMINDERS:

When taking a day trip, we ask all those parking at the centre to park their cars on the far east parking area, please do not park close to the building these are reserved for the members who come to the Centre during the day especially the disabled spots. Also, please refrain from wearing perfume or any scented products when attending the centre. Thank you in advance for your cooperation.

## MINI GET-AWAY; MANITOULIN ISLAND & NORTHERN ONTARIO - AUGUST 19 – 22

If interested in attending for more information, please contact the office.

## WELCOME NEW MEMBERS

Charlie Alaimo; Eugenia Barber; Gail Bugden; Betty Burgoyne; Nirma Kaur Chahal; Eddy Cuff; Harry Currie; Danuta Dias; Peter Drake; Pam Farrow; Clover Fitzgerald; Larry Flint; Salva Furfaro; Mary Glinka; Hilde Hennings; Angie Howlett; Donna Irvine; Teofila Lacaba; Mary Louise & Roger Learn; Dan & Karen Lister; Annette Llanos; Laurie Loney; Margaret Mackenzie; Jennifer Malcolm; Ron Martin; Bob Mc Combe; Nasbi Kaur B.; Carol & John Ranieri; Monique Richer, Wendy Scott; Marilyn Sharman; Olga Sheridan; Margaret Shier; Linda Simone; Beth Smith; Ellen Sockett; Jim Van Dermey; Arie Van Walraven;

## UPCOMING SPECIAL EVENTS

April 25 - Lunch & Learn 'Protecting Your Finances'

April 26 – Monthly Dinner, Lasagna & Salad \$10

April 29 – Annual General Meeting & Elections

May 7 – Roast Beef Fundraising Dinner Hosted by Rotary Club of Bolton \$20

May 20 – Victoria Day Centre Closed

May 24 – Monthly Dinner Hamburgers & Hotdogs \$10

June 5<sup>th</sup> Seniors Day – Caledon East

June 20 – Caledon Friendly Games Awards Luncheon

June 21 Monthly Dinner Pea Meal Bacon on a Bun & Salads \$10

June 27 – Lunch & Learn 'Amintrio' On line social club app

July 11- Life's A Beach Party & BBQ

July 25 – Lunch & Learn - 'Senior Saviour Solutions'

TRIPS – SEE ATTACHED SHEET

## VOLUNTEER APPRECIATION

In this edition we would like to recognize Sharron Breen for volunteer work at the Centre. Sharron has been volunteering for many years. In 2014 joined the Program Committee in 2017 became chair and joined the Board of Directors. Sharron is a valuable member of our team; she is very dedicated to her volunteer role and is always willing to lend a hand where needed. Sharron enjoys playing cards, exercises and attending special events. Sharron is also a long-time volunteer at the Davis Centre, helping with programs, fundraising events and casino trips. Thank you for your dedication to seniors in our community and making a difference.

