



# CENTRE NEWS

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



## CALEDON SENIORS' CENTRE

Welcome to the September-October 2019 Newsletter. The sun shone brightly on our summer programs that offered recreation and relaxation for those who dropped in. All year through, our smiles and laughter keep the sunshine with us. We continue to grow with new members and activities. Make sure you check out the special events and the new Fall program schedule. Thank you to our treasured support of our volunteers. Volunteering is a wonderful way to meet people and expand fellowship. It offers a new sense of purpose. The centre's a busy place and we welcome all the help we can get to continue the vitality of the regular programs, the dinners and lunches, the special events and programs, and trips.

## NEW PROGRAMS:

**QI GONG:** A relaxing series of movements and breathing, performed to calm the mind and body. Some of the benefits of Qi Gong are: reduced stress, reduced chronic pain and inflammation, and improved flexibility and body balance.

It's held on Thursday mornings from 8:30 – 9:30.

**MEDITATION CIRCLE:** Offered on the third Thursday of the month. Basic meditation skills are taught through the guidance of the instructor.

'Mindfulness' is taught benefiting improved focus and clarity, and a peaceful state of mind.

**ITALIAN LESSONS:** We have a volunteer willing to teach conversational Italian, if interested please call the Centre.

**SIGNING IN:** Just a friendly reminder to sign in each time you visit the Centre or Satellite programs. Please press drop-in as well as the programs that you are attending. This is very important to keep statistics for reporting, from attendance, gender, age range, volunteer hours etc. The MySeniorCentre sign-in program keeps great records which helps tremendously with the onerous reporting we must do.

**FUNDRAISING EVENTS:** We need your support at the 2 big events in September, Fashion Show on Sept 5<sup>th</sup> & Down East Dinner & Entertainment Sept 27<sup>th</sup> Invite family, friends neighbours the more the merrier 😊

## WELCOME NEW MEMBERS

Diane Biggs, Dale Caranci, Susan Clarke, Maria del Carmen Portela, Satwant, Kaur Dhillon, Harbir Kaur Gill, Sukhwinder Gill, Surinder Kaur Kang, Suman Kaura, Maureen Marley, Debra Shaddock, Carla Palumbo

## UPCOMING SPECIAL EVENTS AT A GLANCE

**Aug 23** – Monthly Dinner \$10 Ham & Scalloped Potatoes

**Aug 29** – Lunch & Learn – 'Emergency Preparedness'

**Sept 5** – Fundraising Luncheon & Fashion Show \$20

**Sept 21** – Bingo Brunch \$14 Quiche & Salad

**Sept 26** – Lunch & Learn 'Peel Region Waste Management'

**Sept 27** – Down East Fundraising Dinner & Entertainment \$30 Members

**Oct 1** – International Day of Older Adults – Tea & Treats and Guest Speaker (free) Partnering with the Town of Caledon

**Oct 19** – Euchre Tournament \$12 Soup & Sandwich

**Oct 24** – Lunch & Learn – How Chinese Medicine Can Keep You Healthy This Fall & Winter'

**Oct 25** – Monthly Dinner

**Oct 31** – Casino Rama

**Nov 2** – 'Craft, Bake, Silent Auction, Book & Nearly New Sale'

## VOLUNTEER APPRECIATION

In this edition we recognize Nora Martin for her endless contribution of her much-appreciated business skills and energy. She has been recognized as the Senior of the Year (2019) in the Town of Caledon. She is the past president of the seniors' centre. But she didn't stop there. With her unsinkable determination and quick mind, she took on the position of Co-ordinator of the CSC Expansion Project. Her passion in this project will be a structure-supporting "beam." She volunteers in the kitchen; she performs for fund raising events as a tap dancer, singer and more. She is the lady you see, with the camera, taking pictures at events. Contributes her time volunteering on various committees and fundraising for Bethel Hospice. Thank you for all your support.



