



CENTRE NEWS

C.S.C. WEBSITE: www.caledonseniors.ca

Newly Expanded Centre & Main Office:
7 Rotarian Way, Bolton, ON L7E 1Y2
905-951-6114



MESSAGE FROM THE PRESIDENT

Happy New Year! As we step into 2025, I want to take a moment to reflect on the past year and express my heartfelt gratitude to each of you for your continued support and participation in our vibrant community. 2024 was filled with wonderful programs, events, and opportunities to connect. From fitness classes to creative workshops and everything in between, your enthusiasm and engagement have made our Senior Centre a place of warmth, learning, and friendship. Looking ahead, we are excited to bring you even more in the coming months. Keep an eye on our calendar for upcoming events, including a special Robbie Burns dinner and some exciting new programs to kick off the year. We're also working to enhance some of our existing offerings based on your feedback—thank you for helping us grow and improve. As always, we couldn't do this without the dedication of our amazing Volunteers, Staff and Board. Your efforts behind the scenes are what keep everything running smoothly, and I deeply appreciate all you do to make this Centre a welcoming space for everyone. Let's make 2025 a year of connection, growth, and joy! Wishing you all a happy and healthy start to the year.

Nora Martin, President

FUNDRAISING NEWS

The Caledon Seniors Centre would like to take this opportunity to thank those who has donated, sponsored and attended our fundraising events throughout 2024.

The generosity of our members, corporate sponsors and members of our community has been truly heartwarming.

The Caledon Seniors Centre fiscal year is April 2024 to March 2025 and we need to fundraise \$100,000 annually to keep our programs operating and affordable for our community seniors. We are currently three quarters of the way to reaching our fundraising goal.

We hope you will join us at our upcoming fundraising events in the new year and we hope that monthly and yearly donations will continue to arrive to allow us to reach our budget for this year.

Donations can be made online at caledonseniors.ca or please contact Stacie Roberts at fundraising@caledonseniors.ca or 905-951-6114 for more information on how you can support the Caledon Seniors Centre through our event sponsorship and fundraising initiatives.

Stacie Roberts, Fundraising Coordinator

WE ARE A SCENT FREE ENVIRONMENT – PLEASE BE CONSIDERATE OF YOUR FELLOW MEMBERS

PROGRAMS

DAILY PROGRAMS: SCHEDULE ATTACHED

STARTING JAN 9 & 10 – PICKLEBALL!!!

SPECIAL EVENTS AT ROTARY PLACE

Dec.31 to Jan.5: CHRISTMAS HOLIDAYS – CENTRE CLOSED

Jan.6: PROGRAMS RESUME

Jan.9: Lunch & Learn – Self Management Program – Understanding Sleep & Stress – Cost \$7

Jan.11: Bridge & Oh Hell Tournament – Cost \$20

Jan.15: Special Lunch – Turkey Pot Pie – Cost \$11

Jan.21: Men's Lunch – Fish & Chips – Cost \$11

Jan.22: Tea Blending with Public Library – Cost \$4

Jan.24: Monthly Dinner – Robbie Burns Dinner & Entertainment – Cost \$40

Feb.6: Lunch & Learn – Estate Planning - Free

Feb.7: Chef Talk Fundraiser – Details TBA

Feb.18: Men's Lunch – Chicken Caesar Wrap – Cost \$11

Feb.12: Special Lunch – Chili – Cost \$11

Feb.15: Bid Euchre Tournament – Cost \$20

Feb.17: Family Day – **CENTRE CLOSED**

Feb.20: Active Living Fair - Free

Feb.28: Monthly Dinner – Stuffed Chicken – Cost \$16

SATELLITE LOCATIONS & CLASSIC CAFÉ: Please see attached flyer for more information on our Caledon Seniors Centre Satellite Programs at Caledon East, Caledon Village, Southfields, Valleywood, Inglewood and Alton

E-mail: satelliteprogram@caledonseniors.ca

Call: 905-586-6114

THE SENIORS CENTRE IS ACCESSIBLE TO ALL

At the Caledon Seniors Centre, we strive to ensure that our programs are accessible to everyone in our community. We understand that financial constraints can sometimes pose a barrier to participation, and we want to make sure that no one misses out on the opportunity to join us.

If the drop-in fee of \$4, (includes a coffee and snack) presents a challenge for you or someone you know, please don't hesitate to reach out to us.

Give us a call at 905-951-6114 – our team is more than happy to discuss potential assistance options with you. Your participation and well-being are important to us and we're here to support you in any way we can.



Links2Wellbeing: Social Prescribing for Older Adults aims to transform the way healthcare providers (Doctors, Nurse Practitioners, etc.) link older adults in Ontario to social and recreational opportunities to promote holistic health and wellbeing. Links2Wellbeing will enable family physicians, nurse practitioners and other allied health providers, such as social workers, community paramedics and pharmacists, to link socially isolated older adults with community programs and services offered by Seniors Active Living Centres (SALCs) and OACAO member centres.