

Community Events

THURSDAY, SEPTEMBER 21

?Has your life been affected by someone else's drinking? Al-Anon Family Group is for you.? The Bolton group meets Thursdays at 8:30 p.m. at Caven Presbyterian Church (110 King W, Bolton). Call 416-410-3809 or <http://al-anon.alateen.on.ca>

Bolton Banter Toastmasters meet every first, third and fifth Thursday. Tonight's meeting, owing to Bolton Fall Fair, will be held in the Egan Room at Rotary Place at 7 p.m. Lose your fear of public speaking and build leadership skills. Everyone welcome. Email info@boltonbanter.org or visit www.boltonbanter.org

FRIDAY, SEPTEMBER 22

Wellness, Interaction, Social and Exercise (WISE) is a health promotion and social program for seniors (55+) happening at the Palgrave United Church Friday mornings. Low impact exercise/falls prevention session starts at 9:30 a.m. with regular programming with refreshments starting at 10:15. Call 905-857-7651 for more information.

Caledon Parent-Child Centre offers Adventures with Food at the Exchange Kitchen (55 Healey Rd.) the fourth Friday of every month, giving parents a chance to talk, test recipes and try delicious treats as they explore ways to make nutritious eating fun! It runs from 9:30 to 11 a.m. Registration is required and child care is available on request for a small fee. Call 905-857-0090 to register.

An evening of euchre will be held at Terra Cotta Community Hall. Play will start at 7 p.m. sharp. The cost is \$3 per person, and proceeds raised will go to the operation of the hall. For more information, contact John or Cheryl at 289-344-0033.

Cardball will be played at Caledon Seniors' Centre from 10 a.m. to noon.

Darts will be played at Caledon Seniors' Centre from 1 to 2:30 p.m.

TUESDAY, SEPTEMBER 26

Adjustments After Birth: This support group is for mothers needing additional support following the birth or adoption of a child meets from 10 a.m to noon. Registration is required. Group and child care are offered free of charge. To register, call the Caledon Parent-Child Centre at 905-857-0090 or email jvanandel@cp-cc.org

The Caledon Parent-Child Centre is offering a program called Growing Together at Stationview Place in Bolton. Each Tuesday, a small group of families and their children will meet to share a meal, play and learn from 4:30 to 7 p.m. Staff will also be available to provide information and support to parents. Activities will include topics like healthy foods, active living and wellness. This program is designed for families with children up to six years of age who have a total household income of less than \$45,000. Growing Together in Peel is funded by CAP-C. Contact the Caledon Parent-Child Centre to determine if you qualify at 905-857-0090.

WEDNESDAY, SEPTEMBER 27

TOPS (Take Off Pounds Sensibly) Chapter #ON1381 meets every Wednesday from 6:30 to 7:30 p.m., at the Friendship Room of Knox United Church in Caledon village. This non-profit weight loss group meets to learn about nutrition and exercise. Call Barbara at (519) 927-5696.

Caledon East Seniors Club #588 meets every Wednesday at 1:15 p.m. at the Caledon Community Complex, Caledon East. Everyone welcome for an afternoon of friendly euchre and lunch. For more information, call (905) 951-9376.

TOPS (Take Off Pounds Sensibly) ON 1344 Bolton is looking for new members who want to lose weight in a healthy way and keep it off. We're a non-profit group and meet in Bolton United Church at 8 Nancy St. Hours: Weigh in 6:15 to 6:45 p.m., followed by a meeting at 7. We look forward to meeting you. For more information, call Marion at 905-857-5191 or Lorraine at 905-857-1568.

Every Wednesday, catch up with friends over coffee at Knox United Church in Caledon village at 10 a.m.

THURSDAY, SEPTEMBER 28

?Has your life been affected by someone else's drinking? Al-Anon Family Group is for you.? The Bolton group meets Thursdays at 8:30 p.m. at Caven Presbyterian Church (110 King W, Bolton). Call 416-410-3809 or <http://al-anon.alateen.on.ca>

FRIDAY, SEPTEMBER 29

The Caledon Seniors' Centre at Rotary Place in Bolton is hosting their Monthly Dinner. The menu this month is back bacon on a bun, vegetables, dessert, tea and coffee. Dinner is served at 5:30 p.m. Everyone is welcome. Call the Centre at 905-951-6114 to reserve your ticket.

Wellness, Interaction, Social and Exercise (WISE) is a health promotion and social program for seniors (55+) happening at the Palgrave United Church Friday mornings. Low impact exercise/falls prevention session starts at 9:30 a.m. with regular programming with refreshments starting at 10:15. Call 905-857-7651 for more information.

Cardball will be played at Caledon Seniors' Centre from 10 a.m. to noon.

Darts will be played at Caledon Seniors' Centre from 1 to 2:30 p.m.

SUNDAY, OCTOBER 1

Join the Caledon Hills Bruce Trail Club to see the fall colour at Glen Haffy Conservation Area, 19245 Airport Rd. from 10 a.m. to 2.30 p.m. Guided hikes will be held throughout the day. There will be an all-day barbecue and information table on site.