

Community Events

THURSDAY, JULY 20

?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 at the Albion-Bolton Community Centre 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, JULY 21

Wellness, Interaction, Social and Exercise (WISE) is a health promotion and social program for se-niors (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.

An evening of euchre is held the first and third Fri- day of the month 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.

SATURDAY, JULY 22

Evolve Clothing and Lifestyle are inviting you to hear about our new volunteer positions at an information session. It will be held at Evolve Clothing, 4 Industrial Rd. in Bolton from 2 to 3 p.m. for for people aged 14 years and older. Four-hour shifts are available days, evenings and Saturdays. Reg- ister at 905-584-2300, ext. 235

MONDAY, JULY 24

Shuffleboard will be played at Caledon Seniors' Centre from 1 to 3 p.m.

TUESDAY, JULY 25

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 pro- gram called Growing Together at CPCC in Bolton. 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, JULY 26

Evolve Clothing and Lifestyle are inviting you to hear about our new volunteer positions at an information session. It will be held at Evolve Clothing, 4 Industrial Rd. in Bolton from 10 to 11 a.m. for for people aged 14 years and older. Four-hour shifts are available

days, evenings and Saturdays. Register at 905-584-2300, ext. 235

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 Street. Hours: Weigh in 6:45-7:20PM, followed by a meeting at 7:30 PM. 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, JULY 27

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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.

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.

MONDAY, JULY 31

Shuffleboard will be played at Caledon Seniors' Centre from 1 to 3 p.m.

TUESDAY, AUGUST 1

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