

Community Events

THURSDAY, MAY 25

?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, MAY 26

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.

The Caledon Seniors' Centre at Rotary Place in Bolton is hosting their Monthly Dinner. The menu will be peameal bacon on a bun, salads, dessert, tea and coffee. Dinner is served at 5:30 p.m. The cost is \$10. Everyone is welcome. Pre-registration is required. Call the Centre at 905-951-6114.

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.

SATURDAY, MAY 27

The Bolton and District Lions will be holding their 31st annual Steak and Lobster Fest. It will be at Albion-Bolton Community Centre. Dinner will be from 6 to 9 p.m., followed by dancing until 1 a.m. Tickets are \$60 each. Call 905-857-1711 for information or to order tickets.

Stock up on all gardening requirements at the Bolton District and Horticultural Society's spring plant sale. It will be at 1 Bartley Dr., Caledon East (just off Old Church Road, east of The Gore Road) from 9 a.m. to noon.

TUESDAY, MAY 30

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, MAY 31

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 JUNE?1

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

?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, JUNE 2

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.

An evening of euchre is held the first and third Friday 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.

SATURDAY, JUNE 3

Pork chop dinner at Palgrave United Church from 5 to 7 p.m. The menu will feature pork chops, as well as salads, baked beans, baked potatoes and Palgrave United's famous pies. The price will be \$14 for one chop, \$16 for two, and \$5 for children younger than 10. The church is at 34 Pine Ave.

TUESDAY, JUNE 6

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.

Let's Get Together: Sharing the Journey of Raising a Child with Special Needs. An inclusive program for families presented by the Caledon Parent-Child Centre and Brampton/Caledon Community Living. It runs the first and third Tuesdays of each month, from 5:45 to 7:15 p.m. Come play and connect with other families to explore the various issues that surround parenting a child with special needs. Registration is required. To register call 905-857-0090 or email ailsa@cp-cc.org

WEDNESDAY, JUNE?7

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, JUNE 8

The Caledon Horticultural Society will meet at 7:30 p.m. at Cheltenham United Church, 14309 Credit View Rd. Come learn about natural spaces and water balance from Yvette Roy, an ecologist from CVC, who will be giving a talk on Nature Heritage Systems. The guest fee is \$3 per meeting.

Bolton and District PROBUS Club presents Kim D'Eri, Manager of The Exchange on HEALEY ROAD, a social services agency. Her presentation will cover the history of The Exchange and discuss the activities of the 15 partner organizations at the Albion-Bolton Community Centre. It will run from 9:45 to 11:30 a.m. Everyone is welcome and refreshments will be provided.

?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, JUNE 9

Caledon Area Families for Inclusion (CAFFI) organizes a ?social? the second Friday of every month (of the school year) at the Exchange (55 Healey Rd., Unit 10, Bolton) from 7 to 9 p.m. These events are open to developmentally disabled young adults, as well as their friends and families in order to provide an opportunity for socializing and fun in an inclusive environment.

Caledon East United Church invites the community for the annual Steak BBQ, from 5 to 7 p.m. on the church grounds. Enjoy a steak or chicken, baked potato, coleslaw and homemade pie. Tickets are \$20 for adults. there are children's hot dog meals available for \$5. For tickets and further information, contact church office at 905-584-9974.

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.