

Community Events

THURSDAY, APRIL 12

?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 and District PROBUS Club presents local historian Heather Ghey Broadbent, addressing the topic of The signing of the Treaty between the Crown and the Indigenous peoples, 200 hundred years ago and it's consequences. The meeting starts at 9:45 a.m. at Albion-Bolton Community Centre, main auditorium. All are welcome. Refreshments will be provided.

The Probus Club of Orangeville meets at 10 a.m. at the Orangeville Agricultural Centre, 247090 5 Side Road, in Mono. the guest speaker will be Gord Gallagher of Headwaters Communities in Action.

FRIDAY, APRIL 13

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.

SATURDAY, APRIL 14

Caledon Seniors' Centre will be hosting a Bid Euchre Tournament. A welcome snack will be served at 9:30 a.m., with play commencing at 10. Door prizes and prizes will be handed out. Lunch will follow tournament play. The cost is \$12. Everyone is welcome. Pre-registration is required at 905-951-6114.

TUESDAY, APRIL 17

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

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, APRIL 18

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.

Growing Together in Peel: Join us at the Caledon Parent-Child Centre's Bolton location every Wednesday between 4 and 7:30 p.m. for this free program to meet and share a meal while children learn and play. Topics of discussion include areas like healthy foods, active living and wellness. This program is for families with young children experiencing financial challenges. A light supper is included. Growing Together in Peel is funded by Health Canada. Call the Centre at 905-857-0090 to determine your eligibility.

Wellness, Interaction, Social and Exercise (WISE) is a health promotion and social program for seniors (55+) happening at Cheltenham Baptist Church 14520 Creditview Rd. Wednesday mornings. Low impact exercise/falls prevention session starts at 10 a.m. with regular programming with refreshments following. Call 905-857-7651 for more information.