

April happenings at Caledon Seniors? Centre

By Margaret and Bill Cunning

April is all about the light and warmth that we longed for in March.

That soft spring light that lifts the spirit and urges us to be up and about. The gardeners among us become April 'fools' and even April showers won't dampen their enthusiasm. Come to some of our exercise programs at Caledon Seniors' Centre to prepare you for the gardening season.

The Centre plans to start April off with a bang, so our first event for April is our annual Spring Fling Dinner and Fundraising Raffle April 5 at 6 p.m. The cost is \$20. Great prizes as well as music and dancing, so come and enjoy the fun.

April 12, we are planning a trip to the Woobine races. The bus leaves the centre at 11:15 a.m. and returns at approximately 5 p.m. Tickets went on sale March 4.

Another popular event, a contract bridge tournament and lunch, will be held April 20 at 10 a.m. until play finishes. The cost is \$10 and everyone is welcome.

As mentioned in a previous article, the Caledon Seniors' Centre will begin their Maximize Your Health program Thursdays, starting April 4. It is a self-management program and runs for six weeks ? April 4, 11, 18, and May 2, 9, and 16, from 10 a.m. until noon. Chronic health conditions such as diabetes, arthritis, lung, kidney, heart disease and other conditions will be covered. Persons with chronic conditions, their spouses and caregivers are welcome. It is a free program. To register contact the Centre.

We end the month in a more serious way as the Annual General Meeting will be held April 29. Lunch will be provided at noon for those attending, and the meeting will begin after lunch. During the meeting, the Board of Directors will inform the membership of all that has been achieved this past year. Elections will be held for the Board Executive and Directors and all members can vote. We hope to see you there.

For further information on all programs and events, please check our website at www.caledonseniors.ca or contact us at 905-951-6114, or email us at caledonseniors@rogers.com

As always, we welcome all seniors to our Centre for warmth and fellowship. The invitation to lunch Mondays, Wednesdays and Thursdays is warmly extended at 'your home away from home.'