

Community events

SUNDAY, JANUARY 5

Sabbath Rest Breakfast and Service at St. James' Anglican Church, 6025 Old Church Rd., Caledon East. Held the first Sunday of every month, the event will include a full breakfast at 10 a.m., followed by a relaxed, serene Sabbath Rest Service with beautiful music at 11 a.m. Everyone is welcome. Contact 905-584-9635.

MONDAY, JANUARY 6

Adult computer workshop at the Albion-Bolton branch of Caledon Public Library from 6 to 8:30 p.m. The topic will be Mobile Devices. Book a 20 minute help session and bring your device to the library, fully charged please. Advance registration required. Call the library at 905-857-1400 for more information.

TUESDAY, JANUARY 7

Girls Rock! A brand new program that celebrates all things girl from 4 to 5 p.m. at the Albion-Bolton branch of Caledon Public Library. The aim is to present positive discussion around things like peer pressure, self-image and it will help to empower girls aged nine to 12 to understand that all things are possible. Advance registration required. Call the library at 905-857-1400 for more information.

WEDNESDAY, JANUARY 8

Lifetree Cafe meets St. James' Church, at 6025 Old Church Rd. in Caledon East. This free venue for conversation runs from 7 to 8 p.m., and everyone is welcome. Tonight's topic will be Dangerous Food: Is Your Supermarket Killing You? Call 416-579-9977 for more information.

Lectio Divina Meditation Group meets from 11 a.m. to noon. Looking for an escape and rejuvenation? Come and join us for tea and meditation. All are welcome. Located at Bolton United Church at 8 Nancy St.

TOPS (Take Off Pounds Sensibly) Chapter #ON1381 meets every Wednesday from 6:30 to 7:30 p.m., at Caledon Central School (Kennedy and Charleston, 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) 584-9933 or (905) 857-3352.

TOPS (Take Off Pounds Sensibly) Group meets in Bolton United Church Heritage Hall. Weigh-in from 6:45 to 7:20 p.m.; with the meeting running meeting 7:30 to 8:30 p.m. This non-profit weight loss support group meets every Wednesday. Everyone welcome. Call Ruth at 905-857-3237 or Lorraine at 905-857-1568.

THURSDAY, JANUARY 9

Wayne Townsend, curator at the Dufferin County Museum and Archives (DCMA) will address the Bolton and District PROBUS Club at Albion-Bolton Community Centre at 9:45 a.m. Townsend will specifically address the issue of examining your possessions as you downsize. How to evaluate them and what to do with items of value. Guest fee is \$5 and refreshments are 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>

MONDAY, JANUARY 13

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SATURDAY, JANUARY 18

Social Netiquette for Kids at the Albion-Bolton branch of Caledon Public Library. The real world and online world are often blurred without proper social netiquette. The program, which will run from 9:30 to 11:30 a.m. will be for young people aged 11 to 14. The specialized workshop is designed to help students learn to develop proper social etiquette, good citizenship and critical thinking skills when it relates to meeting people, sharing information and socializing online. Popular sites such as Facebook, Twitter, Youtube, Xanga, MSN Spaces and LiveJournal will be reviewed and special attention is given to protecting personal identity, safe online practices and cyberbullying. Advance registration is required.

Cybersafe for Kids at the Margaret Dunn Valleywood branch of Caledon Public Library from 1 to 3 p.m. Internet safety is on the minds of every parent, school and educator. About 26 per cent of kids ages nine to 15 went to meet a friend that they met online without the permission of their parents. Kids either don't know the rules, or don't understand the seriousness of the threat. Cybersafe focuses on teaching kids how to recognize warning signs, safe and unsafe situations, and the skills they need to make safe choices. This is not a technical or software computer course. The program is geared for children aged seven to 10 years. Advance registration is required.

MONDAY, JANUARY 27

Adult computer workshop at the Albion-Bolton branch of Caledon Public Library from 7 to 8:30 p.m. The topic will be Getting Acquainted with the Computer. Learn to use a computer, work with Windows and use basic software programs. Advance registration required. Call the library at 905-857-1400 for more information.