

?Fall for Caledon? at Age-Friendly Expo

By Zachary Roman

October 1 is the international day of older persons, and the Town of Caledon is planning to celebrate with a full day of fall fun.

It's hosting the ?Fall For Caledon Age-Friendly Expo? that day, and Caledon's 55+ community is invited to come to the Alton Legion from 10 a.m. to 2 p.m. to not only learn about the programs and services the Town has to offer, but to enjoy refreshments, speakers, and live music.

Spotlight speakers at the expo include Peel Art Gallery, Museum, and Archives, Caledon Fire, Visit Caledon, and the Caledon Public Library. They'll each be doing short 15-minute presentations to highlight what they have to offer.

Lunch and entertainment takes place from 11:30 a.m. to 1:30 p.m. and those attending will get a free hot dog, chips, and drink.

Downey's Farm is also providing donuts for the event.

The Age-Friendly Expo is replacing the Senior's Expo, which used to be held each Spring in Caledon

The International Day of older persons was introduced in 1990 by the United Nations, as a means of bringing attention to seniors.

The goal is to fight misconceptions people have about seniors, as well as bring attention to seniors issues and policies that can be implemented to fix them.

?During the pandemic, our older residents were hit the hardest and we want to take the time to ensure that they have the resources and support (they need), so that they are prepared to face whatever comes their way in a happy and healthy way,? reads the Town's age-friendly site.

On October 1, the Town is partnering with Caledon Community Services to offer free trips to the Age-Friendly Expo.

Free trips to Spirit Tree Estate Cidery, Heatherlea Farm Shoppe, and Glen Echo Nursery will also be available.

Trips can be booked up until September 26 by calling 905-584-2300 extension 17 or by emailing booking@ccs4u.org.