

Free recreation access, all month long

From June 1 to 30, residents aged 55+ can enjoy unlimited, free access to Caledon's recreation centres and drop-in activities. Already a member? No action required. You'll automatically receive a free extension on your current membership. New to recreation? Sign up for a no-commitment Seniors Month Membership by calling 311, emailing recreation@caledon.ca, or visiting any recreation facility.

Discover something new with Try-It Sessions

Try-It Sessions are beginner-friendly programs in a welcoming, supportive environment:

? Body in Balance ? June 16 at 10:45 a.m.

? Chair Yoga ? June 25 at 2 p.m. & June 30 at 12 p.m.

? Nordic Pole Walking ? June 26 at 12 p.m.

? Qi Gong ? June 28 at 1:30 p.m.

Community Events and Celebrations

Age-Friendly Caledon has partnered with local organizations to host a variety of fun, inclusive events:

? Country Line Dance Party & Luncheon (Caledon Meals on Wheels)

June 17 at 12 p.m. | Caledon East Community Complex | Registration required

? Senior of the Year Award Presentation

June 17 at 5:30 p.m. | Town Hall Atrium

? Celebrate Cultural Diversity (Malton Women Council)

June 19 at 11 a.m. | Southfields Community Centre

? Peel Council on Aging's Summit on Aging

June 24 at 10:30 a.m. | Caledon East Community Complex | Registration required

? Afternoon Strawberry Social (Caledon Seniors Centre)

June 26 at 2 p.m. | Rotary Place Bolton | Registration required

Special Programs at Caledon Public Library

Enjoy engaging workshops and events tailored for older adults. Registration required for all sessions:

? Healthy Aging Series for Seniors with Dr. Shilpi Gupta ? June 20, 27 & July 4 at 1 p.m.

? Computing 4 Seniors ? June 18 & 25 at 1 p.m.

? Internet Basics for Seniors ? June 14 & 28 at 1 p.m.

? Sing Yourself Healthy with Julia's Place Music Therapy ? June 16 at 1 p.m.

? Zentangle Workshop 101 ? June 27 at 2 p.m.

For complete details, visit www.caledon.ca/seniorsmonth or call 311.