

Give gift of independent living Mother's Day

Mother's Day is this coming Sunday (May 12), and Caledon Meals on Wheels is asking people to honour their mothers by making a donation.

The agency pointed out mothers spend their lives caring for others, so this is a chance to show mothers, grandmothers, spouses, aunts, sisters or friends how special they are by caring for those in the community through a donation, in their name, to Caledon Meals on Wheels.

Donations will go to support the ongoing delivery of the agency's SMILE exercise program, hot and frozen nutritious meal delivery services and social gatherings programs, which help more than 450 Caledon and Orangeville area residents maintain their independence and keep them healthy, active and able to live their lives.

For more information, contact Caledon Meals on Wheels at 905-857-7651.