

## January and February happenings at Caledon Seniors? Centre

By Margaret and Bill Cunning

After all the holiday celebrations, we are now in the grip of mid-winter.

There is a nice feeling in winter of being like a hibernating bear. This is a time to savour quiet stretches of time that belong only to you. Enjoying the freedom of not having to rush about, but to snuggle up with a book or just sit and daydream. Being idle has gotten a bad rap somehow, but it is in these quiet moments that we find out what is really important in our lives.

Taking time out is good, but we also need some interaction with people doing things we enjoy, so join us at the Centre for some of our programs. The centre is closed Jan. 1, but all programs resume Jan. 2.

The Book Club is a good place to share your ideas and love of reading with others. The Painting Classes and Woodworking Classes may bring out hidden talents, or just enjoy lunch with friends Mondays, Wednesdays and Thursdays at ?your home away from home.?

The Centre will be hosting iPad workshops. Got a new toy for Christmas? Wondering how to use it? Come to the three-day workshop, Jan. 10, 17 and 24 from 1:30 to 2:30 p.m. (bring your own iPad). The cost is \$2 per session.

We are hosting euchre and bridge tournaments Jan. 18. The tournaments will run from 10 a.m. until play is finished. Lunch is provided and the cost is \$10. Please register by phone or at the Centre.

The Centre will host an Active Living and Wellness Fair Feb. 13. This event is dedicated to healthy, active living. Enjoy a free healthy lunch, a variety of local exhibitors, prizes and lots more. The focus will be geared to health services, housing, nutrition, home help, recreation, fitness and travel.

Guest speakers will talk on the following points of interest: Understanding Ontario's tax credits and benefits for seniors, specialist clinic, dietician and lots more. Mark your calendars. The event is sponsored by the Older Adults Centres Association of Ontario (OACAO) and the Ontario Seniors' Secretariat Information Fairs.

The Centre program chair has compiled a book of CSC recipes called Flavourite Recipes. It can be purchased for \$10. Get your copy now at the CSC.

Thanks

Thanks to the following businesses who generously donated to our Silent Auction in October.

Allegro Fine Foods, Anker Quality Meats, Atlantis Fish and Chips, Auto Block, Baffo's, Bank of Montreal, Bargain Tire, B.I.T., Jewellery Design, Black Birch Fine Dining, Bolton Bell Stores. Bolton Electric, Bolton G.M., Bolton Family Dental Centre, Caledon East Family Chiropractic, Caruso Gourmet Pizza, Caruso Hair Salon, Cavalier Transportation, Cheeks Bar and Grill, CIBC Bank, Classic Optical, Crabby Joe's, Curves Bolton, Da Paulo Trattoria, Donisi Hair Design, Downsizing Diva, Egan Funeral Home, Exclusive Jewellery Sales, Fines Ford, Floors First, Flower Workshop, Foodland Caledon East, Forster's Book Garden, Franco MFG, Garden Foods, Giant Tiger, Glen Eagle Golf Club, Glen Nurseries, Green Tractors Nobleton, Inc., Hawkstone Sports, Hidden Lotus Spa, Hilltop Flowers, His n' Hers Hair Design, Hockey Hall of Fame, Hole-E Burger, Home Depot, Howard the Butchers, Images Hair Salon and Spa, Inside Out Family Chiropractic, James Dick Construction, Jean Dunn Prudential Select Real Estate, Jiffy Lube, K.S. Salon and Spa, Kostynyk Denture Centre, Leggett and Smith Pharmacy, Let's Decorate, M & M, Mars Canada, McDonald's, Mercato Fine Foods, Music 21, Naked Vine, Nashville Complexions, Rexall Drugs, Royal LePage, Skylark Framing, Skyview Lanes, Soup du Jour, Starbucks, Stewart McGuire's Landing, Studio Ed Jewellers, Swiss Chalet, The Angry Tomato, The Foot Nurse of Caledon, The Naked Vine, The Toby Jug, Tim Hortons, TL Therapeutics. VacWorks, Walk-Run-Ride-Inc., Wishbone Restaurant and Zehrs.

And a special thank you to the many individuals who donated gifts for the auction.

For further information on all programs and events check our website at [www.caledonseniors.ca](http://www.caledonseniors.ca) or contact us at 905-951-6114 or email us at [caledonsenior@rogers.com](mailto:caledonsenior@rogers.com)

We wish you all healthy and happy year among friends.