

June is Seniors' Month in Caledon

By Nick Fernandes

Caledon council recently designated June Seniors' Month.

The Town will be hosting numerous events to celebrate the community's older citizens.

Special receptions will be hosted by the Town to show appreciation for the contributions made by seniors in the community. The events will be regular affairs hosted in various community centers around Caledon and will allow seniors to learn new skills and show their appreciation for the arts.

Events will include a Senior's Spring Luncheon today (Thursday) at the Caledon Community Complex in Caledon East, featuring the Dusty Roads band for the afternoon's entertainment. The luncheon will run from noon to 2:30 p.m. and attendees must register and pay a door charge of \$7.

There will be a series of social media workshops for seniors starting tomorrow (Friday) that will run for every Friday this month. Those who pay the \$10 for registration will be taught the benefits and uses of social media outlets such as Facebook and Skype that can allow older citizens with less mobility better access to social interaction.

There will be an exhibition of the art of the Golden Age Academy seniors art group. Their work will be displayed at the Albion-Bolton branch of Caledon Public Library throughout the month, starting with a reception tonight, starting at 7 p.m.

Various fees will be reduced or waived for seniors throughout the month, free swim days, free pickleball days, free visits to the classic cafe and discounts at Caledon's farmer's markets.

The month will be centered around the theme of The Art of Living, which will explore and celebrate the ways Ontario's 1.8 million seniors citizens adapt to life.