

June Is Seniors Month

June is Seniors Month in Ontario, a time dedicated to recognizing and celebrating the invaluable contributions of older adults in our communities. Seniors enrich our lives with their wisdom, lived experiences, and unwavering spirit, and they continue to play a vital role in shaping our future.

This month also serves as a meaningful reminder of the **essential role the Caledon Senior Centre (CSC)** plays in supporting the well-being, connection, and active engagement of older adults in our community.

As a Charitable not-for-profit organization for over 30 years, CSC is deeply committed to enhancing the quality of life for adults aged 55+. Through a wide range of programs; **from recreational activities and social events to health workshops and educational opportunities** - we help seniors remain active, engaged, and independent. These programs also help combat loneliness and social isolation while encouraging volunteerism and community involvement.

Over the past 30 years, the Caledon Seniors Centre has grown into a vibrant and welcoming community with more than 2,500 members participating in programs across Bolton and our satellite locations.

Beverley Nurden, Manager of the Caledon Seniors Centre said. From fitness classes and social events to educational workshops, day trips, lunches, and volunteer opportunities, we are proud to offer affordable activities that help older adults stay active, connected, and engaged at every stage of aging.

To keep these valuable services running, we rely on a mix of government grants and community-driven fundraising. Your support makes all the difference.

Here's how you can support Caledon Seniors Centre during Seniors Month: Annual Trunk Sale-Support us by purchasing a spot at our Annual Trunk Sale on Saturday, June 6, 2026, or stop by and enjoy our BBQ lunch, and purchase other great items that are made here at the centre.

Join on us on Friday, June 12 as we cheer on the Canadian Soccer Team during the FIFA World Cup Games, enjoy a BBQ Lunch and a soccer match.

Support our 5th Annual Golf Tournament-Join us Tuesday, June 23, at Glen Eagle Golf Course. You can participate by forming a team, becoming a sponsor, or donating a raffle prize.

Discover an event focused on health, wellness and lifestyle solutions tailored for today's mature adults at the Fit for Life Wellness Expo 9:30 am-12:30 pm Friday, June 19. Sign up to enjoy a free lunch.

Make a One-Time or Monthly Donation-Contributions can be made easily through our <https://caledonseniors.ca/fundraising/>

Consider a Legacy Donation -Leave a lasting impact by including CSC in your estate plans to ensure our work continues for generations to come.

Volunteer Your Time-Whether helping with events or supporting our daily operations, your time and energy make a real difference.

Your support; whether through financial contributions, sponsorships, or in-kind gifts, helps us keep CSC a welcoming and vibrant hub for older adults. With your help, we'll continue to keep seniors in our community **?Let's Get Moving?** the theme of this year's Seniors Month.

?In a growing and rural community like Caledon, having a dedicated Seniors Centre and strong satellite programming throughout our communities is more important than ever. This year's Seniors Month theme, 'Let's Get Moving,' perfectly reflects what we strive to achieve every day through our fitness, wellness, social, and recreational programs offered across Caledon.? Nurden said. ?As our older adult population continues to grow, it is important that seniors in all areas of Caledon including our rural and west communities have opportunities close to home to stay active, build friendships, reduce isolation, and maintain a strong sense of belonging.?

Together, let's ensure every older adult in Caledon has a place to connect, thrive, and feel at home.

Please visit our website www.caledonseniors.ca for more information on our programs and special events at our Bolton and satellite locations.