

## Many September happenings will take place at Caledon Seniors? Centre

By Margaret and Bill Cuning

As we transit from late summer into September, the changes are barely noticeable at first.

We celebrate Labour Day, close up cottages, and begin to notice the big yellow school buses on our local roads. The fall season is on its way, and we here at Caledon Seniors' Centre look forward to returning to our home base as the kitchen renovation should be finished. We hope you all had an enjoyable summer and we appreciate your patience while the work was completed and welcome everyone back to the Centre.

To celebrate the fall season Sept. 26, we offer a visit to Rawley Estate, Colour Tour and Big Chute Cruise. The cost is \$91 and the coach leaves the Centre at 9:25 a.m. and returns at 7:30 p.m. Lunch is included.

As we return to the Centre, we would like to mention a few of our returning programs. The Seniors' Oil Painting program will commence again Sept. 19 at 1 p.m., with attending artist Greg Hindle. The cost will be \$59 for the six-week session, which includes all supplies including paint, brushes, canvas boards, instruction and coffee/cookies. This is an ideal way to spend two and one half hours and find your hidden talent.

The Caledon Seniors' Oil Painting Group will have a display of their paintings in the fourth-floor Atrium of Town Hall beginning Sept. 3 and running until Sept. 30. We invite you all to come and support our 12 participating artists.

Also returning to our program are the beginner and intermediate computer classes. The classes will begin Sept. 13 ? beginners at 9 a.m. intermediate at 10:15 a.m.

The popular wood-carving group will reconvene Sept. 9 at 1 p.m.

Our daily programs for our members, such as exercise classes, carpet bowling, table tennis, bridge, euchre, poker for fun and many other activities, will be offered as usual. The Italian Card Group meets Wednesdays and Fridays. Everyone is welcome to all activities.

### New Programs

Tap dancing ? a new program starting Sept. 24 at 10:45 a.m. Tap dancing increases cardiovascular conditioning, strength, flexibility and coordination.

Living a healthy life with chronic conditions ? This program will consist weekly two-and-a-half hour sessions starting Sept. 25 at 2:30 p.m. and running until Oct. 30. This is a free program.

Parkinson support group meets at 6:30 p.m. from Sept. 25 until Oct. 30.

Lunch and Learn program ??Drop in Thursdays, from Sept. 19 to Oct. 24 at 11 a.m. The program will include guest speakers and lunch.

Nordic walking ? We will have a demonstration Sept. 19 at 11 a.m.

Barbecue, and euchre and bridge tournament ? Sept, 14, starting at 10 a.m. and running until play finishes. A barbecue lunch is included. The cost is \$10. Please register at the Centre.

### Future events

Oct. 26 is a day to mark on your calendar as our very popular craft sale, bake sale and silent auction will take place. This is our major fundraising event of the year, so we invite you all to join us for the many wonderful bargains and mouth-watering baked goods. Why not do your Christmas shopping early and avoid the rush. The sale is open to the public, so we hope to see you all there.

The China trip will be from Oct. 31 to Nov. 11. The cost is \$2,650.

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 [caledonseniors@rogers.com](mailto:caledonseniors@rogers.com)

As always, we welcome all seniors to our Centre for warmth and fellowship. The invitation to lunch Mondays, Wednesdays and Thursdays is warmly extended at ?your home away from home.?