

## November happenings at Caledon Seniors? Centre

By Margaret and Bill Cunning

November is upon us once again.

It is a transitional month, leading us from the glorious colours of October to the bare trees and cooler wet days of early winter. As one season hands over to another, we realize that each one has its own beauty and purpose.

After we give thanks in October for all our blessings we then pause for a while Nov. 11 to remember all those who made those blessings possible; a thanksgiving of another sort. Then life calls on us to continue on and enjoy this restful month before all the clamour of the holiday season is upon us.

So, what better way to renew ourselves than to participate in one or more of the programs at the Centre? All our programs, old and new, are up and running and we have a few tournaments to tempt you with as well.

The Wednesday nordic walking program at 9 a.m. is providing lots of exercise for our members, as is the Tuesday tap dancing program from 10:45 to 11:45 a.m. Thursday cardball at 10 a.m. is back and very popular, with a good turnout of players.

### Tournaments

Nov. 16, we have bridge and euchre tournaments planned. The starting time is 10 a.m. and goes on until play finishes. Lunch is provided and the cost is \$10.

There will be bid euchre and cribbage tournaments planned for Nov. 30. The starting time is 10 a.m. and it goes on until play finishes. Lunch is provided and the cost is \$10.

Please register at the Centre for all Tournaments.

### Events

The Centre will host the David Tilson Expo Nov. 29, starting at 10 a.m. Tilson will be accompanied by three or four speakers who will present relevant material and answer any questions arising from this material. A free lunch is provided at noon.

Mayfield School of the Arts will have their annual Senior Citizens' Christmas Social Dec. 4 from 11:45 a.m. to 2:30 p.m. This is a free event, but transportation is not provided and they suggest using your own transportation or arranging to car pool with friends. This event takes place at the school at Mayfield and Bramalea Roads.

Many of our members will be returning from the trip to China in mid-November, so we will try and have a few comments and highlights in next month's news item.

Contact the Centre for all information on programs or events. The phone number is 905-951-6114, and our email address is [caledonseniors@rogers.com](mailto:caledonseniors@rogers.com)

Our website address is [www.caledonseniors.ca](http://www.caledonseniors.ca)

The Caledon Seniors' Centre Board would like to offer our thanks and appreciation to all those, both from the Centre membership and the community at large, who participated in any way to help make our October sale a great success.

So, join the fun and try any activity that appeals to you this relaxing time of year. As always, the invitation to lunch Mondays, Wednesdays and Thursdays is extended at your ?home away from home.?