

## Seniors? programs starting

Caledon Meals on Wheels (CMOW) is starting new programs for seniors in Palgrave and Terra Cotta. Information sessions are planned for Feb. 21 from 10 a.m. to noon at Palgrave United Church and Feb. 24 from 1 to 3 p.m. at Terra Cotta Community Centre. Refreshments will be served. For more information, call CMOW 905-857-7651.