

Town of Caledon celebrates Seniors Month

Throughout June, residents aged 55+ can enjoy a variety of free programs offered across the Town of Caledon in celebration of Seniors Month. Programs and events include wellness activities, educational workshops, social gatherings, arts and culture experiences, and community celebrations.

Featured Programs and Events ? Connections to Care for Seniors with Caledon Community Services

June 4 | 10 a.m. ? 2 p.m. | The Exchange

? Navigating Ancestry's Database offered by the Caledon Public Library

June 4 | 6:30 ? 8:30 p.m. | Albion Bolton Library Branch

? Celebrate International Trails Day with Caledon Hills Bruce Trail Club, Alton Grange Association and Caledon Public Library

June 6 | 1 ? 3 p.m. | Alton Library Branch

? Breath + Sound: A Guided Wellness Experience with FirstLight Home Care

June 10 | 1 ? 1:30 p.m. or 2 ? 2:30 p.m. | Inglewood Community Centre

? Seniors Care Days with Hills of Headwaters Collaborative Ontario Health Team

June 11 | 9:30 a.m. ? 1 p.m. | Rotary Place Bolton

? Seniors Social Circle featuring Julia's Place Music Therapy

June 11 | 2:30 ? 3:30 p.m. | Southfields Library Branch

? Connect with Art with Art as Therapy

June 12 | 1 ? 2:30 p.m. | Caledon East Library Branch

? Treasure or Trinket? Antique Appraisal Event

June 13 | 1 ? 3 p.m. | Caledon East Library Branch

? Paint and Sip with Caring Touch Home Health

June 16 | 2 ? 4 p.m. | Margaret Dunn Valleywood Community Room and Library

? World Elder Abuse Awareness Day Flag Raising

June 16 | 2 p.m. | Town Hall

? Seniors Talent Show with Malton Women Council

June 18 | Southfields Community Centre

? Strawberry Social with Caledon Seniors Centre

June 18 | 2 ? 4 p.m. | Rotary Place Bolton

? ?Fit for Life? Wellness Expo

June 19 | 9:30 a.m. ? 12:30 p.m. | Rotary Place Bolton

? Seniors Month with Palgrave United Community Kitchen

June 23 | 10 a.m. ? 12 p.m. | Palgrave United Community Church

? 2026 Senior of the Year Award Presentation

June 23 | 6 p.m. | Town Hall

? Kusina and Karaoke with Caledon Meals on Wheels

June 25 | 12 ? 2 p.m. | Albion Bolton Community Complex

For more information and to register, please visit www.caledon.ca/seniorsmonth. Residents requiring assistance with registration can call 311.

Did you know? Residents aged 65+ can receive a FREE all-access fitness membership for the Town of Caledon's Recreation drop-in programming. Visit www.caledon.ca/65plus or any customer service desk for more information.