

## Town to offer free movie night for residents 55+ as fall programs begin

**By Rob Paul**

As part of the Town of Caledon's fall programming, on October 1, there will be a drive-in night at the movies event.

It coincides with International Day of Older Persons which recognizes the contributions and value that older persons bring to communities.

Promoting an age-friendly Caledon has been something Town Council has prioritized as they've tried to promote the visibility of older people as key members of society.

In doing so, the Town has built an Age-Friendly Action Plan designed to help remove barriers that impact resident's ability to connect with people, places and services that make Caledon a safe, welcoming, and inclusive community for all residents, regardless of age.

Sponsored by Bolton Pharmasave, Bolton Mills Retirement Living, Sorrento Retirement Residence and Community Partners, the Town will host the free drive-in movie night for those age 55 and older as part of celebrating older people in the community.

The drive-in will be October 1 and showing Mary Poppins at the Town Hall parking lot in Caledon East with gates opening at 6:30 and the movie starting at 7:30.

Those who plan to attend must register online by September 30 at 5 p.m.

COVID protocols apply and one person registered per car and registrants must be 55 or older.

For registration information, visit [Caledon.ca/adult55](https://caledon.ca/adult55).

Throughout the fall and into the winter, the Town will be running both in-person programs with COVID health and safety protocols in place and virtual programs. The programs include swimming lessons, fitness classes, and skating lessons.

There are also more general interest programs the Town will be running this fall. There will be three different paint nights on October 23, November 20, and December 18 that attendees can join in person at the Caledon Centre for Recreation and Wellness or online virtually.

Virtual educational programs being offered include two six-session cartoon computer animation courses, a six-session cartoon digital animation course, two six-session games and animations programming course, and a six-session iPad game creation course. All of these courses run between October and November.

For preschoolers, the Town is offering a "friends at play" program that runs at the Caledon Centre for Recreation and Wellness into December. The multi-session program assists preschoolers in the growth of social, cognitive, and motor skills through a developmentally appropriate curriculum and stimulating activities to get them ready for school.

For those looking to get their kids involved in sports this fall, karate will be running at Southfields Community through December. A rookie rugby program (non-contact) that introduces the basic skills of rugby begins October 23 at the Caledon Centre of Recreation and Wellness.

Also, at the Caledon Centre of Recreation and Wellness through November will be taekwondo classes for children up to the age of 18. To get children and parents involved together, a multi-sport program will run at Southfields Community Centre into November

to introduce a variety of sports to kids?there's also a multi-sport program for just children.

To register for the programs the Town of Caledon are offering this fall, visit [caledon.ca/en/living-here/recreation--leisure.aspx](http://caledon.ca/en/living-here/recreation--leisure.aspx).

Participants for all in-person programs must complete the online Town of Caledon screening form prior to participating in programs which can be found at [www.caledon.ca/en/living-here/recreation-programs.aspx#Screening](http://www.caledon.ca/en/living-here/recreation-programs.aspx#Screening).