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BREWING UP HOPE IN BOLTON
Annalisa is pictured greeting customers behind the counter at the recently opened hub for Renewed Hope in Bolton. The non-profit includes a place to thrift, enjoy a coffee, and support community. For more on the venture, see Page A11.
PHOTO BY RILEY MURPHY

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School Board Trustee positions return with limited power

Stan Cameron steps back from upcoming Trustee Election

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Education Paul Calandra announced major changes coming to Ontario's education system. Included in this was the long-awaited decision regarding school board trustees, who Calandra had previously sidelined in a March decision to appoint supervisors at both the Peel District School Board (PDSB) and York Catholic District School Board. Put forward as the Putting Student Achievement First Act, 2026, Calandra announced the decision to standardize the number of elected trustees to a maximum of 12, as well as limit their discretionary expenses and honoraria. Trustees will be required to pay out of pocket for external organization membership fees and to "improve oversight over school board subsidiaries and their use of public funds."

The PDSB has 12 trustees, elected on November 15, 2022.

Continued on Page A10



SIKH HERITAGE DAY – Mayor Annette Groves, members of Council, and the community came together this week to raise the Nishan Sahib at Town Hall in recognition of Sikh Heritage Month. Mayor Groves called the occasion "a proud moment of reflection, unity, and community" and thanked Khalsa Gurmat Academy and India Bazaar for their participation.
TOWN OF CALEDON PHOTO

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Friends of Caledon Public Library find new home

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Just a few short months ago, the Friends of Caledon Public Library (FOCPL) were told they could no longer continue occupying their current space, and they, along with their 250 boxes of books, had to find a new home.

Now they have. On the second floor of the Royal Courtyards in Downtown Bolton, the Friends have made an unused space into a true home, complete with colourful shelves and tables, and they're just getting started.

When the Friends were told they had to move in January, the President of FOCPL Victoria Edwards says it was stressful as they had nowhere to put all their things, thousands of books, various tables, chairs and more.

They moved their things into storage with the library at the beginning of February and continued searching.

It was when they connected with local Bolton Community Crew's Sarah Leslie that she put them in contact with the Royal Courtyards.

The Friends were then told by the landlord that they could have the space upstairs in the Courtyards that they now occupy.

"Royal Courtyards has been really supportive and is working with us to make the space work for the Friends. We're so grateful to their partnership," says Edwards.

They were able to start moving in on March 28 and, in just a few short weeks, have started making changes to make it their own.

Edwards adds that many community members have been generous, donating bookshelves, tables, chairs, signs, and more.

What Edwards envisions for their new home is a true community space, somewhere people can meet and enjoy.

"Located at the Courtyards, the space is centrally accessible, with two parking areas and elevator access. It will primarily serve as a working area for sorting donations, storage and our multi-day book sales, and secondarily as a small, intentional community 'third space.' Imagine cozy lighting and people connecting over books! This space allows the FOCPL to do more for the library we support, for our sales, and for the book loving community we love," she says.

FOCPL has already held its first book drop-off, acquiring new books to add to its growing collection for upcoming sales.

They hope to be back up and running and holding their first sale the weekend of May 1 to 2.



Books line the tables in the new space in the Royal Courtyards.

PHOTO BY RILEY MURPHY

"We are always grateful for community support," says Edwards. "We welcome donations of gently used books and puzzles. We are also currently looking for a few practical items, including a vacuum and a radio/CD player, and help installing bulletin boards before our May 1-2 sale."

For book drop-offs and book sales, there are

many ways to get up to the second floor of the Royal Courtyards.

For those unable to utilize the stairs, not only is there an elevator, but there is parking off of Willow Street that exits onto the same level as FOCPL's new home.

Their rolling donation days will continue; the

next falls on April 29, with an evening drop-off and sorting from 6.30 to 8.30 p.m.

For those looking for additional ways to help the Friends, they have compiled an Amazon wishlist for things they still need to make their space truly a home. To access, visit www.amazon.ca/hz/wishlist/ls/38N8U986MQP8T?ref_=wl_share.

Checked Out Through Time: ABHS presentation explores deep roots of Caledon's Public Library system

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Jules Maule-ffinch, a Caledon resident for over four decades and a longtime member of the Albion Bolton Historical Society (ABHS), took ABHS members on a trip down memory lane this Monday as she presented the History of the Albion and Bolton Libraries.

Maule-ffinch recounted the various locations, renditions, and changes that occurred for over 180 years.

What piqued her interest in the subject ties back to her long relationship with Caledon's library; her family has been members since 1987.

While going through slides preparing for the big presentation, Maule-ffinch even recognized



Jules Maule-ffinch showed various Centennial Project Flyers which had urged members of the public to donate.

PHOTO BY RILEY MURPHY

her son's name in one of the library card registries.

Maule-ffinch also volunteered with the Caledon Public Library in numerous ways over the years; she once volunteered with the group known as the "Friends," or Friends of the Caledon Public Library.

"I've been involved with the Library for a long time, I know a lot of the staff, it's almost like an extended family. When it came to looking from a historical point of view, it sort of suited really, really well," Maule-ffinch recounted on the day's presentation.

Countless hours went into the presentation that day, as she noted not only did she spend more than five weeks at the Bolton branch of the library, reserving the scanner for up to three hours each time, but she also spent time at the University of Toronto and numerous days at the Peel Art Gallery Museum and Archives (PAMA), collecting, researching, and obtaining documents to aid in her presentation.

Maule-ffinch took the society back to the early 1800s, with the settlement of Albion and the very first schoolhouses.

Books were not a high priority at this time, with most remaining at schoolhouses and churches, and then, in 1868, the Mechanics Institute established a one-room library in Bolton.

The Mechanics Institute was a movement that began providing working men with knowledge of science and technology beyond their daily lives.

They were among the first institutions to provide lending libraries.

From there, the library moved several times, changed hands, and had various librarians at the helm.

The library was eventually moved to the Town Hall after being relocated from stores, private residences, and other locations.

"The library continued to serve the community in the cramped room in Town Hall," Maule-ffinch told the ABHS.

Many members even recalled, after the meeting, a time when they would go to that very "cramped room" to visit the library themselves.

And then, by 1964, "ambitious ideas" for a Public Union library began to materialize.

This became the community's centennial project as they worked together to raise funds for their very own library.

In February of 1965, the Corporation of the Township of Albion and the Corporation of the Village of Bolton agreed to form a Union Public Library, the Albion and Bolton Union Public Library, and a massive fundraising undertaking followed.

Many schools pitched in to help, with Palgrave Public School students even raising money through hot-dog sales.

On May 28, 1967, the opening ceremony for the Albion and Bolton Public Library on Ellwood Drive was held.

Continued on Page A14

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Lions Club celebrates members with annual appreciation banquet

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

The Caledon Lions Club recently celebrated its members at its Annual Appreciation Banquet, spending the night recognizing the hard work of its members and supporters.

The club has hosted its Annual Appreciation Banquet since 1978, making this year the 48th anniversary.

Jeevan Randhawa, Marketing and Communications for the Caledon Lions, explained they like to hold this event to recognize both those who volunteer and those who have supported the Lions, past and present.

“The Lions Club Annual Appreciation Banquet is our way of expressing gratitude to individuals who lead by example and serve as pillars within our community,” he says.

Attendees include former Lions, members of other community-focused organizations, and Friends of the Lions who continue to support the club.

“We host this annual banquet to recognize our valued Friends of the Lions, their ongoing support, and the positive impact they have on our community. Lion Cameron Limebeer and his wife Tammy, serve on the committee for the Annual Appreciation Banquet and lead the organization of this event,” Randhawa explains.

The banquet features dinner from Caledon Meals on Wheels, and even entertainment, this year featuring a performance by dancers from Celtic Academy.

But most of all, Randhawa says, it’s a night for members to enjoy with their friends.

“It is very important because we should honour those who’ve led by example prior to us joining this club,” he says. “A lot of our attendees are former Lions Club members, who’ve had such a great impact within our community in Caledon. It’s just a way to show appreciation to those individuals who are still very active in our community.”

He noted that many of their attendees have been active volunteers in various groups in Caledon, supporting the community in many ways.

“We just want to show our gratitude and appreciation for all those former pillars of our community and for those individuals who continue to support us because with their support, we’re able to donate to several different organizations within Caledon each year,” he says.

The Lions currently support organizations such as Bethell Hospice, Caledon Agriculture Society, Caledon Village Association, Headwaters Health Care Centre MRI Campaign, Oliver House, Lions Camp Dorset Dialysis Camp, and many more throughout the year.

Longtime Caledon Lions member Gord McDonald was recognized that evening. He was the recipient of the Outstanding Volunteer Award, recognized



(ABOVE) Lions Club members, from Left to Right, Lion Jeevan, Lion Mauro, Lion Paul, Lion Don, President Lion David, Treasurer Lion Gord, Lion Neil, Lion Cameron, and Secretary Lion Tom. (LEFT) Councillor Kiernan presents Gord McDonald with his award. CONTRIBUTED PHOTOS

and nominated by MPP Sylvia Jones, and presented by Councillor Lynn Kiernan.

McDonald, who is also Club Treasurer, has been a member of the Caledon Lions Club since 1987.

Next year will mark his 40th anniversary as a Lions member.

“He’s [been] a member of Caledon Lions Club for a very long time, but he’s active in both Caledon and Dufferin County,” explains Randhawa, adding that outside of the Lions club, he volunteers in numerous different aspects around the community.

Randhawa, laughing, added that they decided to surprise him with the award, and even brought his family to celebrate with him.

He highlights that although they love celebrating their current and past members, they’re also hoping to celebrate more, as they are currently looking for new members to join the Caledon Lions Club.

“If you’re a member within Caledon, and you are passionate about the community and serving the community and uplifting the community and coming together, then there’s no better place than the Caledon Lions Club, because that’s something we really love doing as individuals,” says Randhawa.

“Our message is for any individuals who truly care about humanity, want to uplift humanity, and see your community come together, then the Caledon Lions Club is the right place for you.”

For more information on membership inquiries, please contact President David Cunningham at 416-908-6965 or dcunningham49@yahoo.ca.

ARGO Transit pilot coming to Caledon

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

At a recent General Committee meeting, Caledon Council members moved for Caledon to enter into an On-Demand Micro-Transit Pilot Agreement with Argo Transit, which would bring on-demand electric minibuses to Caledon communities.

In a motion unanimously approved by Council, a Staff report states that the Town of Caledon currently delivers transit services to residents through fixed-route contracts with Brampton Transit.

It was stated that these services operate with limited frequency and coverage, resulting in service gaps, and do not currently connect communities or serve Caledon East.

ARGO Transit is a micro-transit service provider with experience delivering on-demand transit in other communities, including the Town of Bradford West Gwillimbury and in Brampton’s Downtown core.

They first connected with the Town of Caledon back in December of 2025 on how their “on-demand, fully electric micro-transit services could benefit the Town of Caledon.”

ARGO Transit shared with the committee their fully electric fleet minibuses, which seat up to 18 people, are also wheelchair accessible.

These minibuses were said to be large enough to fit numerous people, but small enough to navigate neighbourhoods and park in a standard parking lot.

The pilot would service three communities in Caledon, Bolton, Mayfield West (Southfields), and Caledon East, which would in turn replace three existing Brampton Transit routes, #81, #25 and #41.

It would also include integration with regional transit services with transfers through PRESTO and the One Fare Program.

Service is proposed to be seven days a week, with a target to

reduce median wait times to 20 minutes.

It was recommended that the pilot begin on October 1, 2026, to align with the Town’s budget cycle and to allow time for service stabilization and evaluation, so the newly elected Council can make decisions regarding the continuation or extension of service.

With a total project budget of an estimated \$4.61 million, \$1.1 million will be from the uncommitted Provincial Gas Tax Reserve and \$3.51 million from the Capital Asset Replacement Fund.

During the Committee meeting, Council unanimously supported the motion, but many raised both concerns and questions.

A presentation from the Region of Peel Agricultural Society, by Treasurer Ed Hazell, asked Council to consider moving the pilot to begin in September, allowing them to use it for their annual fair.

Council also discussed how moving the pilot to September would allow the opportunity to bring information about the pilot to schools for students to utilize the program.

Staff say that although the pilot date was set for reasons such as notice to Brampton and time for the project proponent to ramp up, they will take the ask away to look into it further.

Another issue raised was the cancellation of the three routes currently operating, as Councillors noted that many residents rely on these lines rather than booking transportation in advance, which would be required under the pilot.

When the report comes forward to Council on April 28 for final ratification, staff says they can bring forward amendments regarding the September date, as well as the financial implications of continuing to carry the Brampton lines at the same time as the pilot.

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SHOOTING INVESTIGATION

Members of the Caledon Detachment of the Ontario Provincial Police (OPP) are currently investigating a shooting incident in Caledon.

“On April 10, 2026, at approximately 3:45 a.m., officers responded to a report of a shooting at a residence on Camino Real Drive, in the Town of Caledon,” say Police. “No injuries were sustained as a result of the incident. The suspect vehicle, a grey Honda sports utility vehicle, was observed leaving the area.

“The OPP urges the public to remain vigilant and promptly report any suspicious activity to the police. This investigation remains ongoing and is not believed to be extortion related. At this time, investigators believe this was a targeted incident with no outstanding threat to public safety. More information will be released when available.”

This investigation is ongoing by the Caledon OPP Major Crime Unit (MCU). Anyone with information or surveillance/dashcam footage is asked to contact Cale-

don OPP by phone at 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers you stay anonymous, and you never have to testify.

STOLEN VEHICLE RECOVERED

Members from the Caledon Detachment of the Ontario Provincial Police (OPP) have charged three individuals following an investigation into an obstructed licence plate over the weekend.

“On April 11, 2026, at approximately 2:40 a.m., officers on patrol in the area of Mayfield Road and Coleraine Drive, in the Town of Caledon, observed a motor vehicle with an obstructed licence plate due to a black plastic cover upon it,” say Police. “Officers subsequently conducted a traffic stop upon the vehicle and entered into an investigation.

“The investigation revealed that the vehicle was previously reported as stolen and the two licence plates affixed to the vehi-

cle were 3D-printed and did not belong to the vehicle in which they were attached.”

As a result of the investigation, three individuals were arrested and charged.

Gagandeep Singh, 26, of Brampton, was charged with:

- Possession of property obtained by crime over \$5,000.

Tushar, 24, of Brampton, was charged with:

- Possession of property obtained by crime over \$5,000.

Sujal, 21, of Brampton, was charged with:

- Possession of property obtained by crime over \$5,000.

All accused parties are scheduled to appear at the Ontario Court of Justice in Orangeville at a later date to answer to their charges.

The charges have not been proven.

“Motorists are reminded that it is an offence to have an obstructed licence plate. Obstructing your licence plate with a plastic cover makes it difficult to identify vehicles, enforce traffic laws, and investigate collisions, which undermines public safety and effective law enforcement.”

If you suspect illegal activity in your neighbourhood, call the Caledon OPP at 1-888-310-1122. You can also provide information about suspected unlawful activity to Peel

Crime Stoppers at 1-800-222-8477 (TIPS) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers you stay anonymous, and you never have to testify.

CALEDON OPP AND CALEDON-DUFFERIN VICTIM SERVICES: PROVIDING A SAFE SPACE TO THOSE IMPACTED BY CRIME

The Caledon Detachment of the Ontario Provincial Police (OPP) in partnership with Caledon-Dufferin Victim Services (CDVS) are pleased to announce the launch of a new collaborative initiative creating a dedicated safe space for individuals impacted by crime and adverse events.

The initiative establishes a quiet, private, and supportive environment within the Caledon OPP Detachment where victims can feel grounded and comforted while providing statements to investigators. The space is designed to reflect a trauma informed and culturally responsive approach, offering access to religious, faith-based, cultural, and nondenominational items of comfort to meet the diverse needs of the community.

The space contains items such as sacred texts, prayer mats, rosaries, grounding tools, blankets, and more, inclusive of a dedicated area for children and backpacks filled with essential items to support individuals in need during a challenging situation. The environment is intended to help reduce anxiety, support emotional regulation, and promote a sense of safety while statements are taken.

CDVS plays a key role in this initiative, providing emotional support, crisis response, and advocacy to individuals accessing the space. The partnership strengthens collaboration between Police, Victim Services, and those in need, ensuring support begins at the earliest point of contact.

Together, Caledon OPP and Caledon-Dufferin Victim Services are fostering a more holistic and compassionate approach to community safety; one that recognizes the importance of comfort, faith, reflection, and human connection in the aftermath of trauma.

Please visit www.cdvs.ca for more information about Caledon-Dufferin Victim Services.

Continued on Page A17

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CLUES ACROSS

- Greek goddess of marriage
- Tropical American blue jay-like bird
- Abba __, Israeli politician
- Dark olive black
- Light, crinkled fabric
- Notre Dame has a golden one
- Leaked blood
- Confronted
- Negligible amount
- Facilitated
- Hill or rocky peak
- Minneapolis suburb
- Songs to one's beloved
- Brake horsepower
- Angry
- Children's game
- Spelling is a type of one
- Obtained in return for labor
- Indicates center
- Chinese dynasty
- Old World

Puzzle No.

- buffaloes
- Slang for time off
- Fabric
- Ancient kingdom near Dead Sea
- Defunct regional economic organization
- Philly footballers
- Female sibling
- Peter Griffin's daughter
- Digital audiotape
- Insecticide
- Scientific instrument
- Pages may be dog_
- Israeli city __ Aviv
- Type of sword
- Middle Eastern military title
- Wise individuals
- French Polynesian island Bora __
- Popular shoe type
- One of 50
- Divulge a secret
- Dish of cooked meat mixed with potatoes

Solution in the classifieds.

- Actress Zellweger
- Romanian city
- Greek cupbearer of the Gods
- Ancient Syrian city
- Small Eurasian deer (pl.)
- Range of mountains
- One thousand cubic feet (abbr.)
- Spoke
- City in Georgia
- Theatrical
- CNN's founder
- Icelandic poems
- Bjorn __, tennis player
- Bowfin genus
- One point north of northeast
- Political divisions in ancient Greece
- Electroencephalograph
- Cool!
- Male parent
- Where some gymnasts work
- Capital of Vietnam
- Sailboats
- Shelter (Scottish)
- Completed
- Discharge
- Arrest
- Partner to cheese
- Coffee receptacle
- Stagnate
- Satisfies
- Snakelike fish
- Consume food
- Type of school
- Erase
- Inform
- Girl's given name
- Spiritual leader of a Jewish congregation
- Every one of two or more things
- Northern India city
- Seventeenth stars in a constellation
- Weapon
- Amounts of time
- Isodor __, American Nobel physicist
- Soviet Socialist Republic
- Witness

No one has more self-confidence than the person who does a crossword puzzle with a pen.

Minority Reports

Like many Canadians on Monday night, I eagerly awaited the results of three Federal byelections – two in the GTA and one in the Montreal area.

Byelections, as a rule, don't typically capture the public's imagination, but it's closer to the rule in Minority Governments, as Canada has been in since the October 19, 2019, Federal election when Justin Trudeau's Liberals were reduced by some 20 seats in the House of Commons – 157 seats, down from the 177 they held prior to the writ dropping.

The incumbent government's numbers improved slightly when Canadians next went to the polls, with the seat count "swelling" to 160 – still ten short to form a majority.

Going into last year's Federal Election under the newly-minted leadership of Mark Carney, their fortunes rose again – still a few short of the new threshold of 172 seats for a majority established by a redistribution of the electoral map, but enough to apparently put fresh breeze into the party's sails.

Each nation-wide election held since the Majority was lost in 2019 has been seen, as it so often is by pundits, as a litmus test on current leadership, whoever might be in a party's top job at the time. Monday's byelection results, as such, can certainly be seen as a win for Carney and the Liberals as they finally pieced together a Majority Government – despite how they got there.

The road to a Majority has had its fair share of supporters and detractors.

The green-carpeted road across the floor of the House of Commons is not without its potholes and those who have made the move from the Conservatives and the NDP towards the Liberal Government have faced their fair share of heat for doing so. They will face their constituents in the next nationwide election but, for now, they are confident they made the right move – if not for their constituents, but certainly for their careers. Their constituents, however, might have a different opinion.

Whether or not the floor-crossers did so to further their own ambitions, achieve the best results for their electorate, or to further the work of the incumbent government given the extraordinary geopolitical situation we find ourselves in as Canadians, is known only to them, but, at the very least, it's brought this country a degree of stability it hasn't had in more than half-a-decade.

Those most fervent against floor crossings – typically the more partisan among us, and generally only when the move across the floor goes against their preferred grain, and certainly not when the tides turn in their favour – might see it as an affront against democracy, despite it being something that has occurred relatively regularly in our Westminster-style democracy, but, without a shred of partisanship here, it's nice to have some certainty amongst our leadership for the time being when so much uncertainty exists elsewhere.

Canadians continue to redefine not only our relationship with the United States in these extraordinary circumstances but our role in the wider world, which too is adjusting to the same uncertainties as we are. Despite how we got here, it is a positive that our partners know who they will be dealing with for the foreseeable future and we, in turn, know that the policies put forward by the party in charge will be done with more than just political longevity in mind.

As was my view when Stephen Harper's Conservative Party of Canada finally formed a Majority Government in 2011 after losing a Confidence vote in the House of Commons, it will be a refreshing change of pace not to be in constant "election mode" and see what can be accomplished without so many pieces of legislation leaving the entirety of the machine of government teetering on a knife's edge.

Carney's Liberal Government has become a very different beast from the one formed under the leadership of Justin Trudeau. If Marilyn Gladu, a woman whose views largely aligned with the more socially conservative wing of the Conservative party can find a place within the party despite, to my eyes, having little in common with it, it will be interesting to see how the Liberals will continue to evolve as a party that takes all perspectives into consideration.

For better. For Worse. For everything in between. And, barring a reverse exodus away from Carney and back into the arms of the Poilievre Conservatives, it's poised to be a situation with some staying power.

Stay tuned. Democracy was at work at the Provincial level on Monday as well when Ontario Minister of Education Paul Calandra announced a significant restructuring of Ontario's school boards.

Above and beyond the shift away from traditional Directors of Education towards a Chief Executive Officer with business experience, as if our publicly-funded schools are businesses, was the somewhat welcome news that the publicly-elected roles of school trustees will continue to exist as Ontario gets ready for the 2026 Municipal Elections this October.

Although the role of the trustees will be significantly diminished from what they were elected to do in the 2022 – no longer being able to make changes to the CEO-derived budget, for one – it was nice to see the Minister acknowledge the community-level role these positions hold and offer some certainty to those seeking to put themselves forward to advocate for the educational needs of their families, neighbours, and constituents.

Again, somewhat. There is still no clarity what role trustees will have, if any, in school boards currently under Provincial Supervision, such as the York Catholic District School Board and Peel District School Board, ahead of the October election.

Should these "supervised" boards not satisfy the Ministry that the requisite changes have been made, trustees will continue to have no role, aside from matters of faith in the case of Catholic trustees, until Queen's Park is satisfied with an impacted Board's performance.

Yet, by the sounds of it, members of the public can continue to put themselves on this fall's ballot – only to find themselves placed essentially into suspended animation until the Ministry decides otherwise.

That doesn't sound like a particularly attractive prospect from where I sit, nor does it do anything, in my view, to strengthen our democratic process.

It sounds like the governmental equivalent of paying for the privilege of being placed on a list for the opportunity to get a chance to potentially buy a highly-coveted concert ticket, but no guarantee of getting to see the show, no matter how much money you're prepared to throw at it. There's no certainty in any election as voters cast their ballots for different reasons, but usually – USUALLY – there's a position for someone to win and be the community voice they were elected to be.

Unless things change in the coming months, in jurisdictions where these Boards are suspended, it's a race for a title and nothing more.

I've previously expressed by concerns in this space with some of the things I have seen unfold at the YCDSB, but given the choice between having community representation at the table versus none, I know where I stand – and so do incumbent, prospective, and in-limbo trustees.

In their case, however, there is no floor to cross for greener pastures, whatever colour you're looking for. How about an ecclesial aisle?



Wasting time, waiting for our own "expiry date"

by Mark Pavilons



"There's never enough time to do all the nothing you want." - Bill Watterson

Bill was on to something. We all know, even at a young age, that we will die one day, after our life here has come to an end.

Kids don't really get it, although they may witness the passing of loved ones from time to time.

Some people contend that simply "doing nothing" is quite enjoyable. And yet, I can't help but wonder if we shouldn't be doing "something" every minute of every day.

So many self-help gurus and motivational types have much to say on the topic. They will tell us to get fit, get motivated, get involved, be happy, don't worry ...

Easier said than done, trust me.

It's fine when you're young or middle aged, when time is on your side. You have all the time and resources at your disposal to pursue health and wellness, do Tai Chi, meditate, get off-grid and go to the beach on any given weekend.

Fast-forward to the current state of Boomers like myself and the hourglass is running dry. Time is our enemy, our nemesis.

We've paid our dues and spent our lives working, providing, living up to our responsibilities and ensuring our families are taken care of. Maybe we had time to travel and enjoy frivolous times and frosty, tasty beverages.

For me, there's a shortage of well, everything – time, money, opportunity and resources.

My "bucket list" is shrinking. Even though I just dug out my passport from its hiding place, it's unlikely I'll be trekking to places unknown. I don't think a "trip of a lifetime" is in the cards.

My loving oldest daughter offered to take me on a trip anywhere my heart desires. But I had to decline, out of modesty, frugality and practicality.

Sure, a visit to a tropical island would definitely soothe this tired soul. But I worry that unforeseen delays, hotel disasters, missed buses, cartels and just general annoyances may turn the dream into a nightmare.

I don't want my adventure to disappear beneath the waves.

I suggested day trips across Ontario this summer, and perhaps a jaunt across one of the bridges connecting Canada to our U.S. neighbours. I have a list of restaurants to visit and some minor "wishes."

I've been rather self-absorbed for the past year or two, dwelling on my cancer journey. Ok, no one knows for sure when my train will leave the station, but it is inevitable. I don't think my family members have come to grips with my mortality. Despite fac-

ing this monster day in and day out, maybe I haven't quite grasped it, either.

I don't want to.

Some say our lives, and deaths, are somewhat predestined. When we were created, everything lined up and came into being. Our purpose was cemented into our DNA and our beings were let loose on the world, to witness, create, join, love, help, contribute and yes, enjoy doing something or nothing.

We were given free choice by the Almighty, free to dance beneath the stars, skip stones on every pond we encounter, and sit around the fire, talking about what was, and what could be with our friends and loved ones. That may not sound very profound, but these were some of my fondest moments. Now, I cling to them like white on rice.

I've also taken to reflection, taking stock and judging my life. Flipping over those moss-covered rocks is not a pleasant task. But it helps create an interesting picture book.

More and more, I'm led to believe we are in fact, "God's handiwork," created to do good work, which has been prepared for us in advance.

Many of us talk about finishing the race. We are urged to put away our fear, as we are worth "more than many sparrows."

But here's the painful truth. As we count our days on our own personal calendar, we still sit around, wasting precious time.

They say once you get devastating health-related news, you shift your perspective and soak up every bit of sunshine. Perhaps. But we can't just run out into the streets dancing, looking for rainbows and climbing trees like teenagers. We have burdens – payment for the lifestyle we've chosen.

I go to work every day and try to find things to occupy my mind. I look for distractions. I can still laugh.

When I get home, there are chores waiting for me in the kitchen sink. We eat, clean up, make sure the kids are well fed and happy. We gather our documents for our income tax, make sure our appointments are scheduled, pay our bills, get our oil changes and then watch TV.

Not a great existence. And definitely not things on anyone's bucket list.

Yet we can't shirk our responsibilities just to indulge in frivolity, can we?

We are encouraged to rejoice, pray and give thanks in all circumstances.

Can we do this easily, in the face of rising grocery prices, a hike in mortgage rates, and awaiting test results?

Some us choose to ignore the goings-on in this troubled world. Conflict, war, death, disease, hunger, political chaos, and uncertainty. Surely, the worst of times are upon us.

Whether our fate lies in the Second Coming, or a large asteroid on a collision course, we need to be reminded of the urgency of our existence.

But in our rather twisted, materialistic society, how do we set aside sufficient time and resources to ponder the profound? How do we manage our bucket lists while, at the same time, live life to the fullest, without burden, stress or tension?

I can't dwell on the end, nor can I wear a happy face every minute of every day. I can't commune with my deity every spare second.

And yet, simply enduring "wasted days and wasted nights" is not an option.

Any suggestions?

Submit your **LETTERS TO THE EDITOR**

Caledon Citizen
www.caledoncitizen.com

brock@pcmedia.ca • 905-857-6626

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SHERALYN ROMAN
TALK CALEDON



The Privatization of Ontario

Ontario's slogan, under Premier Doug Ford, is "Open For Business." Respectfully, I think it's much more than that. We're not just "open," we are "For Sale." The privatization of Ontario including: land, water, health care, Regional Councils and now, at least in part, school boards all being sold off to the highest bidder, has gone from a trickle to a flood. In a real estate market where our children can't afford a home and everyone is paying sky high prices for groceries and gas. Ontario continues to sell off, tear down, dismantle and disrupt, and the only beneficiaries seem to be corporate interests and the centralization of control under the Premier's office.

Sure, school boards have not literally been sold off like Ontario Place, or shuttered like the Science Centre, but they are being significantly altered at the whim of yet another Minister and presumably with the Premier's express approval. This past Monday's announcement saw a further erosion of democracy as duly elected school board trustees (who represent your child's interest in the classroom) are being capped or removed altogether, and their role radically altered. The small amount of remuneration they received is being reduced further, to an amount that would barely cover the cost of gas to visit each school under their purview. Worse still, boards will now be run by someone with a background in business, not education, with the government calling it a move to bring "responsibility back to the Ministry."

Referring to trustees as a "distraction," (so disrespectful) and putting in place "non-elected executive roles," school boards will essentially now be run like a business. The CEO will bring the budget to the trustees who can "weigh in" but not make changes to it and in the case of any disagreement, the final decision making would be referred back to the Minister of Education. So, in effect, much like "Strong Mayor," and now "Strong Regional Chair" powers help the government control the growth and privatization agenda of towns and cities, so too will concentrating more power at the provincial level help the government to exert yet more control over school boards while not doing anything expressly clear to this observer that will help children and families.

Which brings us to land and water. No need to rehash the greenbelt scandal here or refer to Highway 413 (which, by the way, Caledon Council invites the public to a meeting on April 21, to approve – oops, I mean "comment on" the proposed Official Plan Amendment to implement it) these are topics already discussed at length here and

often. But water? Under various bills, proposed sweeping legislation has the potential to literally put water into private hands. They would allow the government, under the control of the Minister for Municipal Affairs and Housing, to grant authority over water infrastructure to public corporations which would then have the power to impose fees and charges, all while answering only, and ultimately, to the Minister. The Region of Peel will be the test case the Minister says, with the aim, he states, of saving us all some money. What's the risk you might wonder – if it's a public corporation?

First, there is nothing in the legislation to prevent it from becoming a privately owned entity. Additionally, water protections that prevent tragedies like Walkerton have been seriously weakened. All of this is happening while Caledon changes its Site Alteration Bylaw (causing millions of tons of potentially contaminated fill to be dumped here) and could also see a proposed blasting quarry operation, both of which would significantly increase the likelihood of contaminating our groundwater.

Long-time community advocate Keri Parfitt, who started her career just months after the Walkerton tragedy where, as a reminder, seven people died and literally thousands became ill, has an extensive background in water and environmental education having worked with several municipalities. She has done extensive research and notes in addition to weakening the Clean Water Act, "the gutting of our conservation authorities over the past years and now their amalgamation, further erodes and also severely diminishes water protections."

In her words, "what could go wrong?" Ontario is indeed for sale to the highest bidder. Our children won't get the educational experiences needed (and many of our most "at risk" students won't get the help they deserve) because they will be treated like nothing more than a commodity in a business transaction. Land across Caledon will continue to be rezoned, bought up, and destroyed at developers and the Premier's discretion, and while we are surrounded by water (as part of the "Hills of Headwaters") there will be nary a drop to drink that's safe, potable and accessible because groundwater will be contaminated by fill or disappear altogether as "run-off" from blasting quarry operations. All this decision-making power is being centralized into the hands of one person – who'd rather change the law than release his phone records.

MAYOR ANNETTE GROVES
MAYOR GROVES' COLUMN



Access Primary Care Dufferin & Caledon: Helping You Find a Family Doctor

I'd like to share an important resource designed to help connect people in our community with local primary care providers.

Many residents in Caledon are currently without a regular family doctor or nurse practitioner, which can make it difficult to access timely, preventive, and coordinated care close to home. As our community continues to grow, so does the need for accessible primary care services.

Access Primary Care Dufferin & Caledon was created to help meet this need. The program brings partners together to strengthen connections between providers, support the growth of team-based care, and make it easier for residents to find the care they need, when and where they need it. Through this collaborative effort, we are working toward the shared goal of connecting every resident to a primary care team by 2029, while improving care experience for both patients and providers.

Led by the Hills of Headwaters Collaborative Ontario Health Team and developed in partnership with local care providers, this program offers a simple, centralized way for Dufferin & Caledon residents to find and connect with a family doctor or nurse practitioner.

The program aims to:

- Make it easier to connect patients with available providers
- Reduce administrative work for primary care offices
- Prioritize patients with urgent or more complex health needs
- Improve coordination, efficiency, and overall patient experience

Access Primary Care Dufferin & Caledon also works alongside provincial services like Health Care Connect offering a community-based pathway that helps ensure residents are connected to care smoothly and efficiently.

To learn more, visit: hillsofheadwaterscollaborative.ca/accessprimary-care.

I would also like to note that clinics in Bolton are currently accepting new patients, providing additional options for residents seeking primary care.

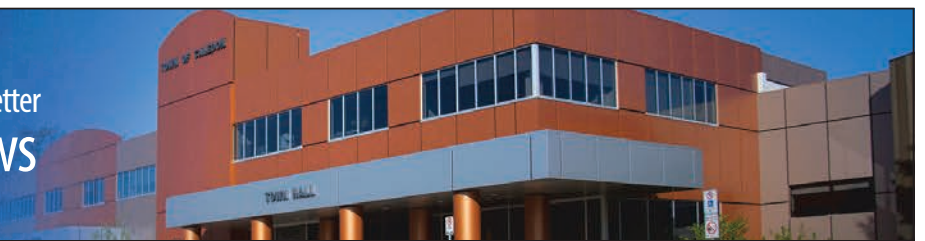
Looking ahead, the Toronto Metropolitan University (TMU) School of Medicine, established in September of 2025, welcomed 94 students in its inaugural class, 75% of whom reside in Peel Region.

This initiative supports the training and retention of local physicians and is expected to contribute to improved access to care overtime. Together, these efforts represent positive steps toward strengthening access to primary care services across our communities.



NEWS

Subscribe to the Town's email newsletter at: caledon.ca/enews



Tree Seedling Program

The Town of Caledon's annual Tree Seedling Program is back!

Caledon residents, businesses, and schools can now place online orders for potted trees, shrubs, bundled seedlings, and mulch mats on our online storefront.

Hurry – inventory is sold on a first come, first-served basis.

Visit caledon.ca/seedlings for more



PUBLIC NOTICE

McLaughlin Road Municipal Class Environmental Assessment Lippa Drive to King Street

NOTICE OF STUDY COMMENCEMENT

The Town of Caledon (Town) is initiating a Municipal Class Environmental Assessment (MCEA) to evaluate options for the widening of 2 to 4 lanes and urbanization of McLaughlin Road from Lippa Drive to King Street. The study area is divided into two phases. Section A (Phase 1) of the study area extends between Lippa Drive and Old School Road, and Section B (Phase 2) of the study area extends between Old School Road and King Street. The study will build upon the recommendations of the Town's approved 2024 Multi-Modal Transportation Master Plan and will assess options for road improvements to support the multi-modal transportation network (walking, transit, cycling) and to accommodate increased travel demand resulting from planned growth in the Town.

STUDY PROCESS:

The study is being carried out in accordance with the requirements of a Schedule C Municipal Class Environmental Assessment (Municipal Engineers Association, 2024), which is approved under the Ontario Environmental Assessment Act. The study will evaluate and recommend solutions in consultation with the public, Indigenous Nations, and all relevant agencies. At the conclusion of the study, the process will be documented in an Environmental Study Report (ESR), prepared for a 30-day public review period.

CONTACT US!

Your input is a key component of this study. Public Consultation Centres are planned for future stages of the study to inform the public about the progress of the study and gather feedback on the solutions being considered. The first Public Consultation Centre is planned for spring/summer 2026. For further information, to submit comments on the study, or if you would like to be placed on the project contact list to receive future notices for this study, please visit the study website at haveyoursaycaledon.ca/mclaughlinroadea or contact one of the study team members below:

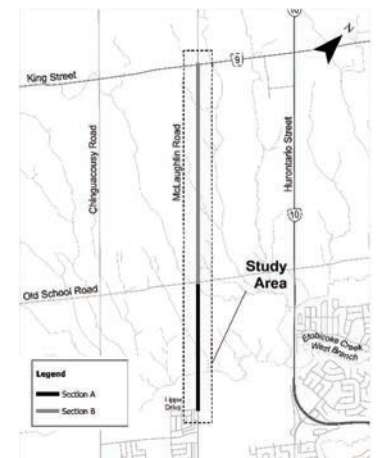
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Project and notice information will be made accessible upon request in accordance with the Accessibility Standard for Information and Communication under the Accessibility for Ontarians with Disabilities Act, 2005.

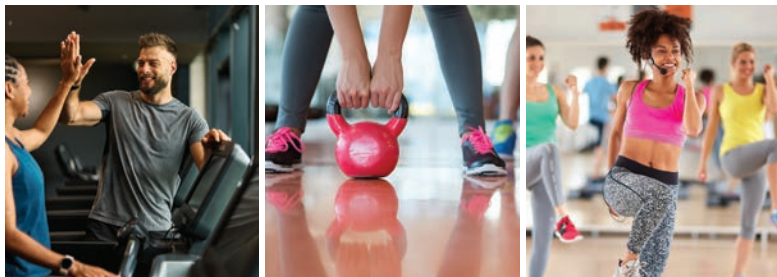
Information provided in response to this notice will be collected in accordance with the Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will be part of the public record.

This Notice first issued on April 16, 2026.



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ARTS & CULTURE

Bolton Caledon Comfy Cases heads into third season

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Comfy Cases is a Canadian non-profit organization run by volunteers who stitch fun, colourful pillowcases for children with cancer or other life-changing illnesses in hospitals, and the Bolton-Caledon group is entering its third year of making a difference.

The Bolton-Caledon group began a few years ago with a small team of volunteers and has since made hundreds of fun and colourful pillowcases for children in nearby hospitals.

This year, they began their monthly sewing nights again at the Kin Club of Bolton, and at their April meeting, volunteers could be seen scattered across the room at various stations, all helping out in one way or another.

Even for those without sewing skills, there's a way to help: stations for ironing, assembly, and setup were seen.

Looking around at the group of volunteers, Bolton-Caledon Coordinator Chris Millar has watched the group grow from its beginnings.

Millar began sewing for Comfy Cases back in 2022, dropping off her completed cases at various meetups in surrounding communities.

Millar then met the now Bolton-Caledon Coordinator, Kristi Shotter Bryant, and, from there, the two helped build the Bolton-Caledon organization into what it is today.

"Everyone is helping each other, that's how far we've come," says Millar, looking around the Kin Club. "It's incredible, because before it was us sort of teaching them."

Millar adds now they can barely keep up fast enough with the work of the hard-working volunteers.

To date, they've donated 288 pillowcases



Volunteers gathered at the Kin Club on April 8th. (TOP) Clarkson (left) and VanderDoelen (right) work on some cases. (BELOW) Kristi Shotter Bryant and Chris Millar, Bolton-Caledon Coordinators. PHOTOS BY RILEY MURPHY

es to Headwaters Health Care Centre.

"We've all had family or friends in the hospital, and you think about little kids in the hospital and how sad and lonely it is at night, and to have something meaningful that's theirs that they can have and keep, I think it's something special," says Bryant.

"Kristi is a cancer survivor, so she, more than anyone," adds Millar. "I got involved in it during COVID, it warms my heart."

"I've seen pictures of some of the people we've been able to give pillowcases to, it's very heartwarming."

Not only that, but the group has become its own community, with volunteers supporting and helping one another.

"Our friendship that's come from this has been really nice. We go to Fabricland together and go shopping," says Bryant to Millar. "We have tea and cut material and put together the kits to bring."

A large part of what they've been able to do is thanks to the community support around them.

The Kin Club has supported them for three years now, in more ways than one, the two say.

"We just nervously came and did a presentation a few years ago, and they gave us more funding than we even asked for, and their facilities, their people," says Bryant.

The Kin offers its facilities for Comfy Cases sewing nights, and both Kin Club members and community volunteers have contributed countless hours sewing, ironing, cutting, and assembling pillowcases.

Kin member Kathy Clarkson was seated behind one of the sewing machines, working on completing a case. She joined the cause after Comfy Cases made their presentation to the Kin Club. After working to coordinate the partnership, she decided

to help out herself.

Across from her was community volunteer Marie VanderDoelen, who originally met Millar after volunteering at ecoCaledon's Repair Cafe.

Sitting at her own sewing machine, VanderDoelen added she loves to sew and be useful, and it seemed like a great fit.

Bolton Caledon Comfy Cases also has volunteers who sew cases from home and drop them off.

As they head into their third year, they are always in need of 100% quilting cotton donations.

With the current cost of fabric, Millar and Bryant shared that it can get quite expensive to acquire what they need to make the cases.

Looking ahead over the next year, Millar adds she hopes to secure more funding to continue their mission.

For those looking to either volunteer or donate, visit their Facebook group for information @Bolton-Caledon Comfy Cases.





2025-26
SEASON



THE
WEDDING
PARTY



A MADCAP COMEDY

by Kristen Thomson

APRIL 16th to MAY 3rd

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COMMUNITY events

This column is provided as a free public service to non-profit organizations to announce up-coming events. Please contact the Caledon Citizen by calling (905) 857-6626 or emailing admin@caledoncitizen.com if you wish to have an announcement published.

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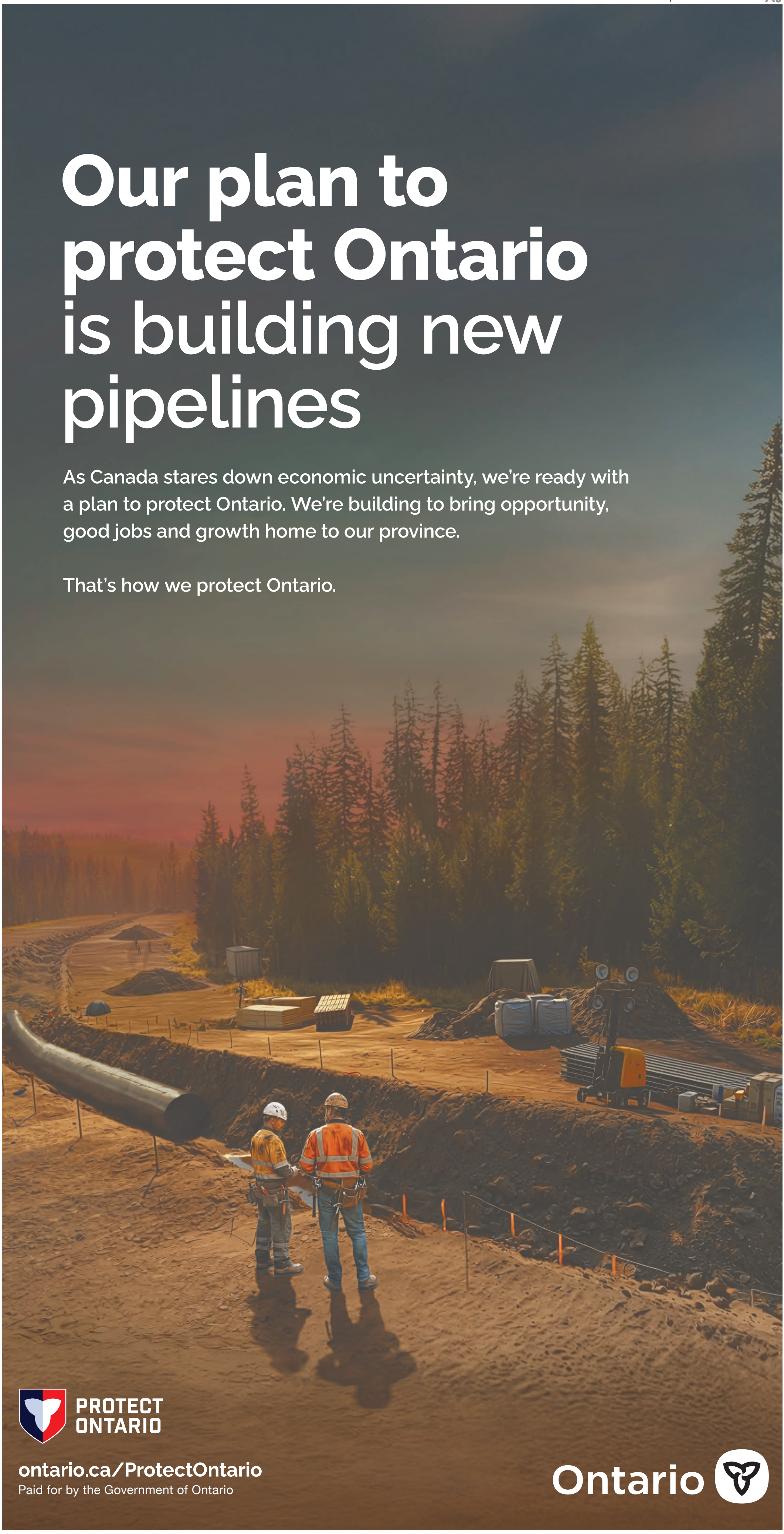
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BUSINESS



YOUR SOURCE FOR BUSINESS IN CALEDON

Meet Mashric, the new cafe set to open in Bolton



Coming Soon signs displayed in the Royal Courtyards.

PHOTO BY RILEY MURPHY

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

For those who have walked through Downtown Bolton's Royal Courtyards recently, they may have noticed the "coming soon" signs across one of the businesses' doors.

These signs are for the brand-new cafe coming to the Bolton core, Mashric.

Mashric is a cafe founded by entrepreneur Mohammed Anwar, who also founded numerous organizations, including the Canadian non-profit Merit Empowering You, dedicated to empowering newcomers, international students, youth, and entrepreneurs; the recruitment and staffing agency HR Leaf; and the educational technology platform StudyWeg.

His newest venture is Mashric Cafe, and while it may seem like a big jump from his other avenues, coffee and its culture have always been a part of who he is, thanks to Canada.

Anwar was 15 when he moved to Germany from India, then to Switzerland, and from there, moved to Canada, where he has now resided for 18 years.

When Anwar first moved to Montreal, he spent a few days unsheltered before finding the YMCA, which he says not only launched his career but also changed his life.

From there, he worked as a dishwasher, then a

taxi driver, before founding numerous businesses and pursuing what he loved.

Anwar was featured in the CIBC Memento Project, which he says "shows the world how Canadian new immigrants, when they work hard and [have] the dream of being a part of Canadian society, everything is achievable."

His time in Montreal is what introduced Anwar to the culture of coffee in the first place.

"I always wanted to have some kind of a cafe business, I want to be part of it, and I had done lots of research because Canadians are the ones who introduced me to coffee," says Anwar.

It took him five years of research before he landed on a blend, creating his own roast of coffee beans, blended in Canada – which, for him, is one of the most important parts.

"We have everything in-house Canadian, for Canadians," he says.

Not only Canadian, but Anwar says that when he began his venture of opening a cafe, he knew he wanted it to be in Caledon.

The landscape of Caledon, he says, reminds him of his time in Germany, but one of the best parts, Anwar says, is the residents.

When Anwar began looking for locations in Caledon, he says almost everyone met him with a "hello" or a "how are you doing?"

"That's when I fell in love with Caledon," he says.

Not only did he want to make his cafe Canadian,

but also keep up with current trends.

In speaking with the younger generation, Anwar says he heard that many people wanted matcha, and so he worked to bring it to his cafe. Wanting to make sure it was just right, he brought his matcha to the University of Toronto to see if students liked it before bringing it to his cafe.

For Anwar, one of the key things he wanted to take note of was employment opportunities.

He says that after working in his employment business, he understands the struggle of creating opportunities.

"I thought, OK, why not just create opportuni-

ties for locals to work [here] instead of going out of Caledon?" says Anwar.

He adds that his team is currently looking to train students prior to their big opening.

At their cafe, he says they will sell their tested matcha and coffee of all varieties, salads from a Canadian company, sandwiches, different sweets and loaves, and more.

With their sights set on hopefully opening before the end of the month, Anwar says he looks forward to bringing everybody in the Caledon community together.

Stan Cameron steps back from upcoming Trustee Election

Continued from FRONT

In addition to these trustee changes, Calandra also announced that English-language district school boards will soon have two new roles.

The Director of Education would become known as the Chief Executive Officer, who would be responsible for financial and operational oversight and "required to have business qualifications."

As well as a new Chief Education Officer, who would be appointed by the CEO to focus on "student achievement and required to hold pedagogical qualifications, including Ontario College of Teachers membership or equivalent."

The CEO would then lead budget development, while referring budget matters to the Minister for decision when "trustees are unable to reach an agreement."

Calandra also announced the introduction of mandatory written exams on official exam days in Grades 9 to 12, as well as requiring attendance and participation to be part of the final mark for students in Grades 9 to 12, with attendance worth 15 per cent for Grades 9 to 10, and 10 per cent for Grades 11 to 12.

Stan Cameron, PDSB trustee for Caledon, says that the one positive from the Bill introduction is that the school board Trustee position remains in place, and on the October election ballot.

"It is frustrating, however, to see how Minister Paul Calandra has treated all English Public and Catholic Trustees by minimizing their role with respect to budget development and approval," says Cameron. "In addition, he is flexing his political muscle to remind everyone involved that he still has the power, in Bill 33 which he orchestrated, to take down any board of Trustees, for any reason he deems necessary. He explicitly said in his press conference that he won't hesitate to use that take down power."

Cameron says that Calandra "misrepresented the facts" when he stated that the PDSB operated for the past five years with a deficit budget.

"That is blatantly untrue and can be proven with research into the Board's budget deliberation files," he says. "It fits his intentional narrative. Or, you can trust Trustees who can attest to passing a balanced budget. One such vote that is on record for all to see."

Cameron added that Calandra says he will keep the eight boards he currently has under his supervision until they show a balanced budget and a built-up reserve fund.

"The PDSB has always approved a balanced budget, and perhaps unknown to the less-than-detailed-researcher Minister Calandra, the PDSB has a \$140 million dollar surplus," says Cameron.

"If those two reasons are why he has the PDSB under supervision, perhaps he needs to think of another fictitious reason to keep the PDSB under his control."

Cameron adds that "nowhere" in Calandra's announcement was a word addressing the Ministry's "lack of funding" for children, their families, and staff.

Cameron also announced his intentions regarding the upcoming trustee election.

"I wouldn't personally consider running in the October 26 election for a Trustee position, the less-than-honourable Minister Calandra has intentionally created a high risk-low reward situation for Trustees," he says.

Cameron says the high risk is the chance that Calandra could yet again take down any Board of Trustees.

"The low reward can be seen in a message I received from a long time and retired Trustee who said, 'It looks like Trustees will now become glorified call centres for frustrated parents with complaints and questions'," he says.

"I have a lot more to give my community and will look at the Town Council for opportunities to serve there. I refuse to make myself vulnerable to the erratic, controlling, and less-than-truthful Paul Calandra."

"It's a lot of important work moving forward for all Trustees in the province. All at the risk of Paul Calandra taking their board down, just because."

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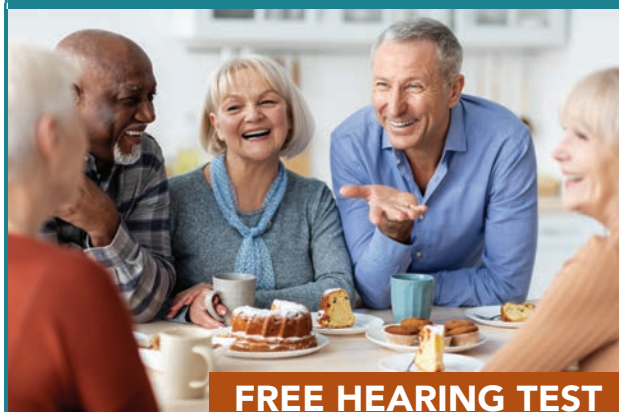
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“It’s about the people, not the product” Renewed Hope celebrates Grand Opening in Bolton



(LEFT) The Renewed Hope team celebrates with Mayor Groves, Council, and Caledon Chamber of Commerce. (RIGHT) Mayor Groves takes a look around the brand new store. **PHOTOS BY RILEY MURPHY**

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Renewed Hope officially opened the doors to their brand-new thrift cafe, and this past Saturday, the community came out in full force to celebrate.

Renewed Hope is a registered non-profit that initially brought its efforts to Caledon in October through its mobile units and now has a physical space.

They welcomed the Caledon community to tour their new space and see all they have to offer.

At the new thrift cafe, you can shop the deals, enjoy their custom coffee blend and other treats, or see one of their numerous other services available.

At Renewed Hope’s new location, there will also be a counselling office, located for entry on the Mill Street side of their building. They have brought in Dr. Vidoll Regis-

ford, a psychotherapy and counselling practitioner who has a background in clinical and leadership roles, for counselling.

Additionally, this new location marks the future of a community food pantry, which the Renewed Hope team says will launch soon.

As a registered non-profit charity, the thrift cafe says it will direct 75 per cent of all profits to local community initiatives.

Looking inside their new business, stacked with dozens of people, Tim from Renewed Hope said it was a surprise seeing so many people come out to support them.

Renewed Hope is volunteer-driven, and many of their volunteers were on site that day, either helping out with items for sale or behind the cafe counter, making sure the grand opening went smoothly.

“We worked hard at putting it all together, the team worked feverishly hard,” says Tim, looking back at their months of hard work.

He added more volunteers have been pouring in each week, eager to help.

“Everyone that comes by [says], ‘We needed this so much in our Town,’” he remarked.

Tim adds that with this physical location, they will not stop at the storefront.

“It goes on beyond that. It goes to our mobile mercy units, it goes on to our psychotherapists and counselors and social workers offices, it goes on to our food pantry. It goes further,” says Tim.

Now that their doors are officially open, Tim says what they’re most looking forward to is the people; whether it’s someone needing a dollar or two off their coffee or pastry, or scheduling an appointment with one of their counsellors, they want to be able to do that.

“The product is just something that we can do to lend to help people. It’s about the people, not the product.”

Mayor Annette Groves and members of Council attended the grand opening to celebrate with the business, and even shopped around themselves.

“You can’t beat the price,” laughed Mayor

Groves. “I’m very excited about this. This is something that was really desperately needed in the downtown core.”

She added that not only does this new space offer a place to sit and chat with friends and neighbours, what makes it unique is how they’re helping the community.

Groves said many people and families are struggling today, and added she’s heard from some older residents who live in the nearby seniors’ apartment building that they’re excited, especially since they can walk to it.

“It’s really great to see that and to hear that, because it’s nice for the seniors especially,” said Groves. “Really most of all, it’s what they’re doing to help those that are less fortunate.... It’s something that we definitely needed, and it’s really nice to see it finally coming to fruition.”

The celebration continued into the afternoon, with free hot dogs and a celebratory cake-cutting, which was truly the icing on the cake of the Saturday celebration.

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Dufferin-Peel Skating Club wraps up the season with Ice Rodeo

BY BRIAN LOCKHART

The Dufferin-Peel Skating Club finished the winter season at the Teen Ranch Ice Corral with an Ice Rodeo on Sunday, March 30.

Ice Rodeo is an annual event where club figure skaters from Star 1 to Gold demonstrate their skills and celebrate the season's achievements.

This year, the club had many skaters competing in STAR 1-2 events outside of the club.

The STAR 1-2 team was: Soraya Ayres, Adelynn Bletsas, Megan Broom, Madelyn Long, Olivia Long, Elliott Piccolo, Anna Pink, Searsha Shepherd and Penelope Weber.

The STAR 3-4 Team competed in many regional events, earning top assessments and medals.

The STAR 3-4 Team was: Claudia Bennett, Sydney Boston, Addison Daniel, Layla Fragapane, Sarah Hayden, Simer Kaler, Brianna Parker, Melissa Simpson and Kaitlyn Walker.

The Club's Provincial Team travelled to many events across Ontario from September to February, aiming to earn top scores to qualify for the Provincial Championship in Stratford from March 21 to 23.

The team included Kristina Nilsson, Hailey Parker, Ella Stamenkovic, Jillian Young and Jordan Young.

The Provincial Team earned many medals and personal best scores throughout the season.

Last year's STAR 7 Artistic Provincial



The Dufferin-Peel Skating Club wrapped up the winter season with its annual Ice Rodeo at the Ice Corral at Teen Ranch on Sunday, March 30. The event gives the skaters a chance to show off their talent and skills learned through the season. **CONTRIBUTED PHOTO**

Champion, Ella Stamenkovic, qualified for Provincial in three events again this season.

Ella competed at the Provincials in Hamilton on March 20 to 22, and is the Provincial STAR 9 Artistic silver medal-

ist. The club continues spring and summer training programs at the Teen Ranch Ice Corral.

Big Brothers Big Sisters raises \$25,000 at annual bowling fundraiser



Supporters and sponsors of Big Brothers Big Sisters gathered at the Orangeville Best Western for a fun afternoon of virtual bowling as part of their yearly Bowl For Kids Sake fundraiser. Support this year was strong, with the organization raising \$25,000 in donations and contributions to be reinvested in connecting youth with mentors who offer guidance and support. **PHOTO BY JOSHUA DRAKES**

BY JOSHUA DRAKES
LOCAL JOURNALISM
INITIATIVE REPORTER

Supporters of Big Brothers Big Sisters of Dufferin and District gathered at the Best Western on April 10 to celebrate the organization's largest annual fundraiser, Bowl For Kids' Sake.

The themed event, held each year to

raise funds in support of mentoring programs for local youth, brought together teams made up of workplaces, friend groups and families — highlighting the breadth of community support behind the organization's mission.

Executive Director Nancy Stallmach thanked event attendees for their continued commitment and emphasized the importance of mentorship.

"When we think about growing up, we all have memories of someone who made a difference in our lives, someone who took the time to listen, who gave us guidance, or just simply was there for us," Stallmach said. "That is our aim at Big Brothers, Big Sisters. Our goal is to ensure that every child has the chance to experience that kind of mentorship."

The bowling portion of the event marked

the final leg of the fundraiser, with participants taking part in virtual Wii bowling matches set up inside a rented hall at the hotel. The interactive format allowed large groups to compete and socialize throughout the afternoon. With live music, prizes, and a western cowboy theme, attendees wasted no time getting into the sports, going head-to-head against each other on the virtual lanes.

Stallmach noted that the annual fundraiser continues to play a critical role in sustaining programs across the region, helping the organization reach youth in need of guidance while enriching volunteers' lives.

"Last year alone, through our programs, we matched over 200 children with caring mentors. Your participation today helps us continue that and to operate in Dufferin County and provide our critical services to local children and families. Mentoring a child doesn't just change their life, it can also transform your own," said Stallmach.

The fundraiser concluded with the annual Bowl For Kids' Sake event held throughout the day, ultimately raising approximately \$25,000 in donations from the community.

With another successful year completed, organizers say the continued generosity of local supporters ensures that mentorship opportunities remain accessible to children and families across Dufferin County.

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A small "Public Library" sign hangs outside of a residence where the library once resided on Queen Street in Bolton.

PHOTO COURTESY OF ABHS

Checked Out Through Time: ABHS presentation explores deep roots of Caledon's Public Library system

Continued from Page A2

The library began to grow into the space we know and love today, with branches opening in various communities such as Inglewood.

Today, the library still provides books, newspapers, and magazines as it once did, and now has thousands of visits and library card holders, in addition to programs for all ages.

"I still use this regularly, I've saved over \$1,200," remarked Maule-ffinich on her own library card.

The presentation shared that the existing system results from the amalgamation of the Caledon East Public Library, the Township of Caledon Public Libraries, and the Albion and Bolton Public Union Library, all of which were comprised of previous libraries.

As the presentation came to a close, members of the ABHS shared their own memories of the library, even recognizing their names on slides in the archives or seeing their faces pop up in old fundrais-

ing photos.

Members shared their memories of when the library was in the Town Hall, remarking on the favourites they used to read and go searching for.

Maule-ffinich says that one of the biggest points she wanted to drive home that day was the essence of community that made the library happen and grow into what it is today.

"That's really been the state, right from the beginning. The Bolton family bought the books to start with, but the village was so small at that time that it just didn't last," says Maule-ffinich, thinking back on the humble beginnings.

Various past library staff members travelled from surrounding townships to attend the presentation that night and even received a round of applause from the crowd.

Looking back on old books stamped with various library adaptations over the years, or past library cards, ABHS members truly experienced a page-turner of a presentation on Monday evening.

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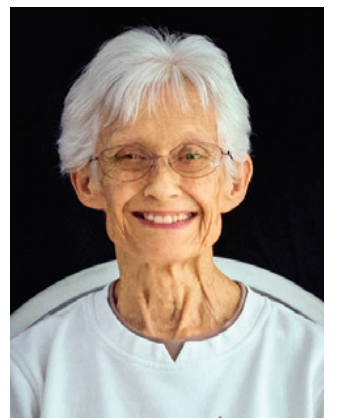
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HEAVY RAINFALL IMPACTING ROAD CONDITIONS

Continued from Page A4

As heavy rainfall continues across the region, the Central Region Headquarters of the Ontario Provincial Police (OPP) is reminding drivers that safety starts behind the wheel. Wet roads, reduced visibility, pooling water, localized flooding, and the potential for dense

fog in some areas can make driving hazardous when conditions can change quickly.

“Significant rainfall is expected to persist over the coming days, increasing the risk of water collecting on roadways, washouts, debris, and sudden road closures,” say Police. “These conditions may develop rapidly and can be difficult to predict, particularly in rural areas.

“Before leaving home, drivers are encouraged to check current road conditions, closures, and travel advisories through 511.on.ca and municipal511.ca, monitor localized weather forecasts through The Weather Network, and follow OPP Central Region social

media channels for timely updates on active road closures.”

Police remind all road users to take the following precautions:

- Slow down and increase following distance, as visibility can change quickly and wet roads reduce stopping ability;
- Ensure all vehicle lights are turned on, including headlights and taillights, to improve visibility and help other drivers see you in poor weather conditions;
- Avoid driving through flooded areas or large puddles, as water depth can be difficult to judge and may conceal roadway hazards;

- Remain alert for washouts, debris, and the risk of hydroplaning;
- Obey all posted signage and road closures.

Flood conditions can develop quickly and may present serious dangers to motorists. Drivers are encouraged to choose alternate routes or delay travel when conditions worsen.

Taking a few extra precautions can make all the difference. Plan ahead, stay alert, and stay safe.

Anyone requiring emergency assistance is reminded to call 911. For non-emergency incidents, the public may contact the Ontario Provincial Police non-emergency number at 18883101122.

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How seniors can build their social networks in retirement

Social isolation and loneliness can have a notably adverse effect on a person's overall health.

According to the World Health Organization, roughly 12 percent of older individuals experience loneliness, which can have a negative impact on their physical and mental health, quality of life, and even their life expectancy.

Seniors have much to gain when they take successful steps to avoid social isolation. Seniors who are concerned about the prospect of social isolation or loneliness or those already experiencing such feelings can try these strategies to build their social networks in retirement.

• **RECONNECT WITH OLD FRIENDS**

It's easy for adults to lose touch with old friends. By the time many adults reach middle age, professional and personal obligations can leave little time for a thriving social life. Successful professionals may be preoccupied with work projects, and while parents may be juggling their own hectic schedules with their children's obligations. Come retirement, much of those

responsibilities have ended, making this a perfect time to reconnect with old friends who also might have extra free time on their hands. Reach out through social media, text message or even a phone call, and let the situation unfold organically from there.

• **TAKE ADVANTAGE OF COMMUNITY OFFERINGS**

Many communities sponsor events for seniors, like bus trips to local museums or stadiums, in an effort to encourage seniors to get out of the house. Retirees can take advantage of these opportunities, which tend to attract like-minded individuals with the same interests. A bus trip to a theater production will attract fellow arts lovers, and shared interests are a solid foundation for friendship.

• **START A LOCAL CLUB OR GROUP**

Starting a local club based on a particular activity is another great way for seniors to build a social network in retirement. Take to social media and express your interest in starting a local book club or walking group. Like community-sponsored bus trips, clubs and groups tend to attract like-minded individuals, providing a built-in pathway to friendship.

• **RECONNECT WITH YOUR FAITH**

Houses of worship also offer a great way to meet locals and build relationships based on a shared identity. Faith-based communities provide a sense of belonging that can help retirees overcome social isolation and loneliness.

• **OPEN YOURSELF TO NEW EXPERIENCES**

Trying something new is another great way to make new friends. Many local agencies like parks departments or community recreation offices offer seniors in-person workshops covering a wide range of activities. These offerings are a great way to discover a new pastime and meet new people along the way.

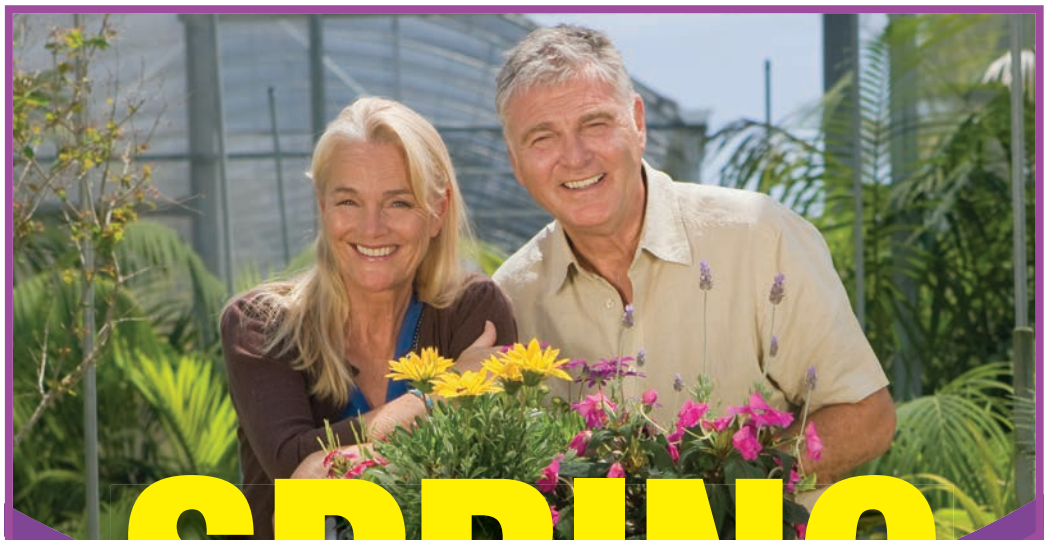


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Over 60?

How to maintain a healthy weight as you age



Age often brings wisdom, experience, and for many people, some body weight changes that might affect their health over time.

Maintaining a healthy weight is important throughout life, but as a person gets older, it can be harder to keep extra pounds off. The Centers for Disease Control and Prevention says obesity prevalence was 44.3 percent among adults between the ages of 40 and 59 in May 2024. Obesity prevalence was 51.5 percent for people aged 60 and older. According to a report from the Government of Canada, 40.1 percent of seniors are overweight, and 28.1 percent are obese. Yet some older adults also are underweight and struggle to keep weight on.

It's important to note that a healthy weight for one age group may not be the same for another. Verywell Health says a healthy weight and BMI range for adults over age 65 could translate into carrying extra pounds. The National Institutes of Health says a BMI of 25 to 27, which normally is considered overweight, may offer benefits to adults over the age of 65 by way of bone health side effects that protect against osteoporosis. Some studies also indicate that being underweight can increase risk of disability, dementia and even cancer or heart failure.

Before one binges at the all-you-can-eat buffet, it is important to discuss weight with a doctor and develop a customized plan that takes individual variables, including age, into consideration. In addition, these tips can help people maintain a healthy weight.

• SPREAD OUT SMALLER MEALS
Eat five to six small meals per day to help with

digestion and circumvent slower metabolism. Eating smaller meals also may help seniors who find they don't have appetites and push away food.

• VARY THE FOODS YOU EAT

Eat more vegetables, whole grains, fish, beans, and low-fat or fat-free dairy. Try to keep meat and poultry lean, only splurging on fatter cuts once in a while.

• WATCH EMPTY CALORIES

Empty calories come from sugars, sugary beverages and processed foods with little or no nutritional value, indicates WebMD. Instead, when choosing calories, look for whole, nutritional foods.

• EAT MORE PROTEIN

Older adults are at risk of losing muscle mass, so protein is essential. Protein also helps a person feel fuller longer, which can help with avoiding eating empty calories or overeating in general.

• CONSUME EXTRA FIBER

As a person gets older, fibre can help prevent constipation, colorectal cancer and hemorrhoids. Whole-grain fibre also reduces the risk of heart disease. In addition, whole grain fibre is filling, which can help with weight control.

• EXERCISE DAILY

Weight loss involves a formula in which more calories are burned than consumed. For those who need to shed some pounds, increasing physical activity through low-impact exercise can help. Bike riding, swimming, pickleball, yoga, and other activities can be beneficial.

A registered dietician can help people develop eating and exercise plans that will help them achieve and maintain a healthy weight.

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Bringing Home Medical Equipment Closer to Bolton Seniors

AS our community in Bolton continues to grow and thrive, so does our commitment to ensuring that every resident—especially our seniors—can live safely, comfortably, and independently in their own homes. That's why we're proud to introduce MyMobility Home Health Care, a new local source dedicated to providing quality home medical equipment for sale and rent, right here in the heart of Bolton.

At MyMobility Home Health Care, we understand that mobility and independence are essential to maintaining quality of life. Whether you're recovering from surgery, managing a long-term condition, or supporting a loved one, we're here to make daily living easier and safer. Our extensive range of equipment includes mobility scooters, stairlifts, home medical beds, lift chairs, rollators, wheelchairs, walkers, and bath aids—everything you need to navigate your home and community with confidence.

What sets us apart is not only our wide selection but also our personalized, compassionate service. We know that choosing the right equipment can be overwhelming, which is why our friendly and knowledgeable staff take the time to listen, assess your needs, and recommend the best solutions. We offer both sales and rentals, giving you the flexibility to select what works best for your situation—whether it's a short-term recovery or a long-term lifestyle adjustment.

Accessibility shouldn't come with barriers. That's why we also provide delivery, setup, and maintenance services, ensuring that your equipment is installed properly and ready to use from day one. Our technicians are fully trained and local, so you can rely on fast, dependable support whenever you need it.

Beyond our products, our mission is to support

aging in place—helping Bolton seniors remain independent in their own homes for as long as possible. We believe that small adjustments, like a stairlift or a rollator, can make a big difference in safety and peace of mind. By bringing these essential resources closer to home, we're making it easier for families to access the care and support they deserve without the stress of traveling out of town. We invite you to visit our showroom, meet our team, and explore how we can help you or your loved ones live more comfortably and confidently. At MyMobility Home Health Care, we're not just in the business of medical equipment—we're in the business of empowering independence.

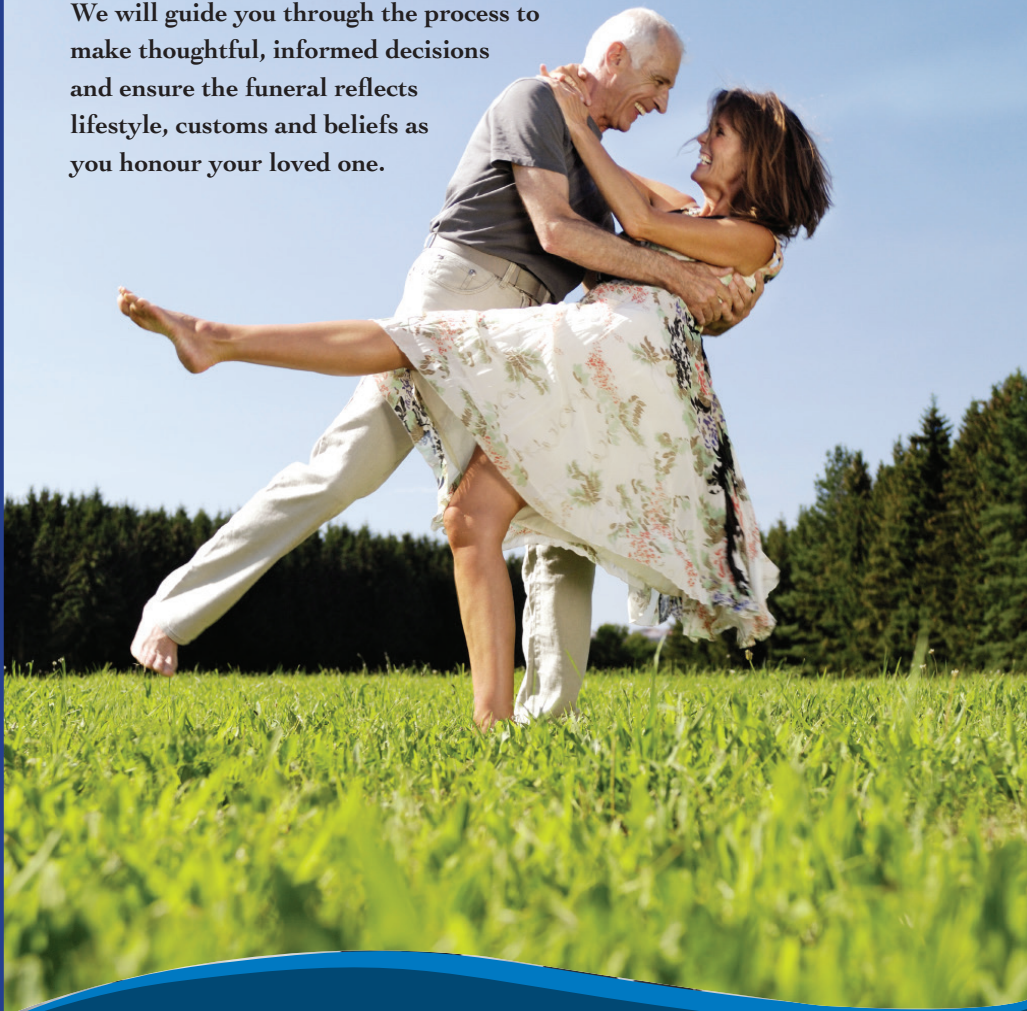
Visit us at 12295 Hwy 50 Unit 9 (Bolton Medical Centre) or call 905-857-1044 to learn more. We look forward to serving the Bolton community!



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AVALON RETIREMENT LODGE



Come see it for yourself!

Discover how Avalon Retirement Lodge brings residents' dreams to life. Experience a community of growth, creativity, and connection. Book a personal tour today!

WOULDN'T YOU LIKE TO SEE IT FOR YOURSELF?
There is something about the arrival of spring that invites a fresh perspective. After a long winter, there is often a quiet urge to try something new, revisit something once loved, or finally say yes to an idea that has been sitting in the background. At Avalon Retirement Lodge, that sense of renewal is not tied to a single season. It is part of everyday life, shaped by the interests, ideas, and curiosity of the people who live here.

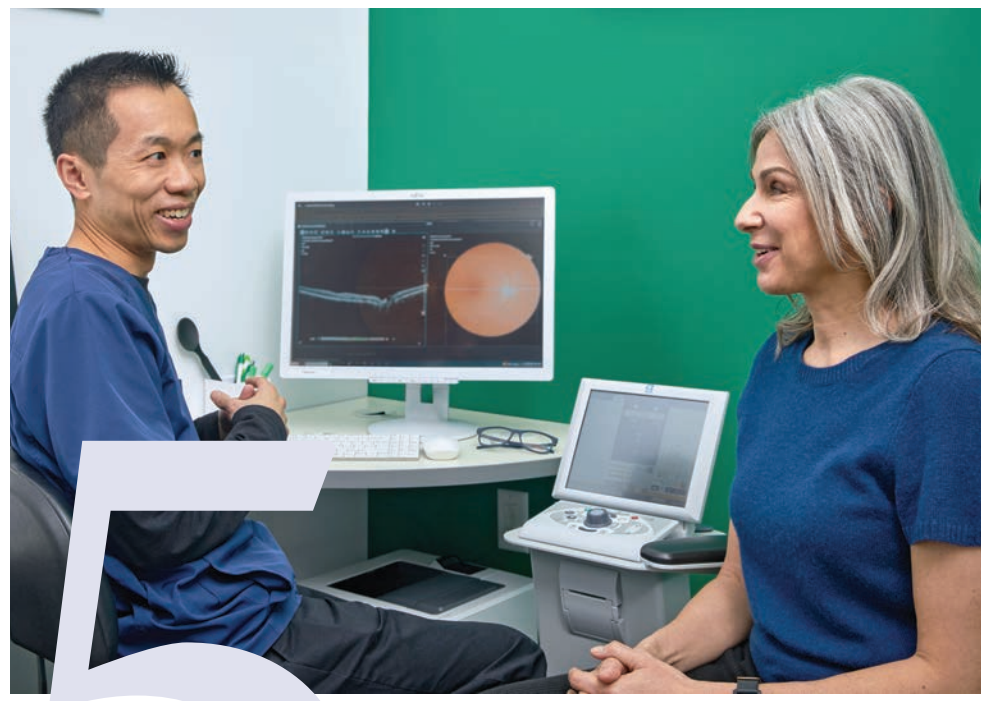
BRINGING DREAMS TO LIFE
Recently, two residents shared a simple but meaningful goal: they wanted to learn how to play the piano. Through Jarlette Health Services' "Better Late Than Never" initiative, that idea is now becoming a reality. The program is centered on bringing residents' dreams to life. Whether that means learning something entirely new, returning to a favorite passion or memory, or exploring something they have never had the chance to try before, the focus is on personal fulfillment. For these residents, it means sitting down at the piano for the very first time, embracing the learning process, and discovering the joy that comes with it. Another resident expressed an interest in dance lessons. It was not part of a scheduled program or something that had been planned in advance. It was simply a reflection of what they wanted to explore. That idea has since sparked new conversations and is helping shape future programming within the Lodge. More recently, seated line dancing has been introduced, bringing a sense of energy and connection into shared spaces. It is an activity that encourages movement and participation while

remaining accessible, and it has quickly become a source of laughter and enjoyment for those who take part.

A NEW PERSPECTIVE ON RETIREMENT LIVING
These moments are not exceptions; they are part of a broader approach that places residents at the center of daily life. At Avalon, engagement is not about following a set schedule. It is about creating space for residents to explore their interests, share their ideas, and influence what happens next. Some days, that means trying something entirely new. Other days, it is about finding comfort in familiar routines and meaningful connections. Both are equally important. For many people, retirement living is still viewed through a limited lens. It is often imagined as quiet or restrictive, shaped more by assumption than experience. But inside Avalon, we like to think a different picture begins to emerge. It is one of growth, creativity, and connection. It is a place where learning continues, where interests evolve, and where residents are encouraged to shape their days in ways that feel right for them.

YOUR INVITATION TO EXPLORE
This spring, as new ideas take root and possibilities begin to unfold, there is an opportunity to take a closer look. Not just at what retirement living is, but at what it can be. If you've been curious about Avalon Retirement Lodge or what retirement living could look like for you or a loved one, this is your invitation to book a personal tour with our team. Contact Alisa and come see for yourself! You have nothing to lose and so much to gain.

AVALON RETIREMENT LODGE
355 Broadway, Orangeville, ON L9W 3Y3 (519) 941-3351



health problems an eye exam can catch

(NC) They say that the eyes are the window to the soul.

But they're also your window to the world around you, which is why it's important to have your eyes tested regularly. Beyond issues with your vision, an eye exam can also help detect other health issues that you should investigate further. Particularly if your eye exam includes an optical coherence tomography (OCT) scan, then it may help detect some eye conditions at earlier stages.

Here are five health issues that may be seen during an eye exam.

BRAIN TUMOURS
Some types of tumours can increase pressure on the brain, which in turn can impact your eyes. An optometrist can see if you have swollen optic nerves, which can be caused by a brain tumour.

SKIN CANCER
Your optometrist will examine your eyes for indications of skin cancer on the eyelids, around the eyes or within the eye as part of the exam.

DIABETES
Your optometrist might be able to detect diabetes even before you've been diagnosed with it, by spotting a yellow fluid or bleeding in your retina. An OCT scan can also help optometrists detect early or subtle diabetic changes. Early detection of diabetes can help avoid long-term vision loss or other serious complications.

HIGH BLOOD PRESSURE
An eye exam provides a non-invasive way for optometrists to view the actions of blood vessels and nerves. Changes in the retina such as bleeding or changes to blood vessels at the back of the eye can indicate high blood pressure, which is one of the risk factors for developing glaucoma.

HEART DISEASE
An OCT scan can also help your optometrist look for signs of eye strokes which could indicate heart disease. Eye strokes happen when cells have died because they were deprived of blood or oxygen, or a vein is blocked causing blood to pool up in the eye.

Optometrists who operate the independent clinics at Specsavers include OCT scans as a standard part of all their eye exams at no additional cost to the patient.

Learn more about the benefits of regular eye exams at specsavers.ca www.newscanada.com

Wouldn't you like to see it for yourself?

Spring has a way of opening the door to new possibilities. For some, it starts with realizing that retirement living isn't what they thought or that it's even an option. This is your invitation to take a closer look at Avalon Retirement Lodge... **You never know, it could change everything!**



SCAN ME



Avalon Retirement Lodge
355 Broadway, Orangeville, ON L9W 3Y3
It's Worth A Conversation (519) 941-3351

PROTECTING YOUR SIGHT AS YOU AGE: What every Canadian needs to know

(NC) As Canada's population ages, chronic conditions such as diabetes, stroke and neurological disorders are becoming increasingly common.

With these conditions comes a heightened risk of vision loss. Early detection, timely treatment and proper follow-up care are crucial in reducing the risk of vision loss.

This approach is particularly important for conditions like diabetic retinopathy (DR), where early intervention can prevent blindness. Integrated, people-centered eye care within health systems is essential, with strong primary health care as the foundation.

Diabetic retinopathy, a complication of diabetes, is one of the leading causes of preventable blindness in Canada.

"If you have diabetes, early detection of diabetic retinopathy is the best protection against vision loss," says Dr. Mona Dagher, an ophthalmologist. "Nearly 60 per cent of patients with Type 2 diabetes in Canada will develop DR within 20 years of diagnosis. That's why annual screening is key to early detection and timely intervention."

Chronic health conditions can also affect vision in other ways. Stroke survivors may experience visual field loss, while people with Parkinson's disease or multiple sclerosis may have difficulty with eye coordination or focus. These challenges extend beyond eyesight, impacting mobility, independence and overall well-being.

Thankfully, low vision rehabilitation services can help individuals remain active and independent, even with changes in their vision. Since significant or complete vision loss isn't inevitable, many Canadians are finding

practical solutions to continue living full and engaged lives. From mobility training and home safety modifications to assistive technologies like magnifiers, screen readers, talking GPS devices, and smart-home tools, these services help individuals adapt, and support daily living.

Vision helps us navigate the world, connect with others, and see what matters most. With the support of Specsavers, the "My Corner of Canada" photography contest is helping showcase the role of vision in connecting Canadians by having participants submit photos showing what their community means to them. You can find more information at seethepossibilities.ca.

www.newscanada.com



Are your Dentures Loose?



As a Denturist loose and ill-fitting dentures are the most common complaint and concern patients have when they first come to my office. This is compromising their ability to eat and chew their food properly and even speak as the dentures are moving.

Dentures are designed and fabricated to fit over your existing gums and teeth but, when teeth are missing the underlying bone structure resorbs or shrinks. This causes the effect of the dentures becoming too big and cause them to become loose and move. As the dentures move they can cause irritations and sore spots which are not only bothersome but also painful.

Another factor which can affect the fit of your dentures is the bite. Over time the denture teeth wear down and the dentures seem to move farther apart. To get the teeth to come together your chin now must come closer to the nose which slides the chin forward causing your bite to move forward. This not only puts excess pressure on

the muscles in the face but also the joint by the ear which can lead to a popping or clicking in the joint as the bones are working out of position.

There are several ways to rectify this problem and compensate for the loss of your gums, depending on the age and condition of your present dentures.

This is why we, at The Kostynyk Denture Centre, bring our patients back for regular check-ups to assess not only the fit of your dentures but also the bite, condition of your dentures and gums. A properly fitting denture on healthy gums make it easier to chew your food properly and live a healthier lifestyle.

If it has been a while since you have had your dentures looked at simply give us a call-even if we did not make your present dentures.

Experience Retirement in Full Bloom!



As the season turns and the days grow brighter, our doors are wide open! Discover retirement living where you can truly flourish. Maintain your independence with care when you need it. Stay active, explore new interests, savour chef-prepared meals, or simply enjoy good times with new friends. **Experience the warmth of our vibrant community.**

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CALEDON SENIORS: Living Well, Staying Independent

April is a season of fresh starts and at Caledon Community Services (CCS), we're celebrating new opportunities that help older adults stay independent, connected and thriving right here at home.

One of the most exciting changes for 2026 is the Town of Caledon's new free recreation memberships for residents aged 65+ starting April 1. From fitness and aquatics to social and wellness programs, there's never been a better time to stay active and engaged. And thanks to CCS' **transportation services**, getting there doesn't have to be a barrier. Our specialized/accessible transportation helps seniors safely access recreation centres, appointments, shopping and community locations, making it easier to say 'yes' to life.

Independence is about choice and April is also the month that recognizes volunteering. Volunteer contribution makes a huge difference in every community and it is one powerful way for seniors to continue to shape their community. However you'd like to give back, you can volunteer at the Exchange or at Evolve, help at special events, support wellness, jobs or newcomer initiatives or even "run your own show" by sharing your skills and interests through Seniors Helping Seniors, CCS offers meaningful opportunities that fit your lifestyle. We're also always looking for volunteer

drivers, a role that directly supports neighbours and builds lasting connections.

Looking ahead, mark your calendar for **Velocity on June 20**. This family-friendly and fun community fundraising event has a big impact. Funds raised will support the purchase of a **new bus**, making transportation even more readily available and helping to ensure seniors can continue living independently in Caledon for years to come. Every rider, pledge, donation and cheer from the sidelines helps move our community forward, literally. This year, we're 'Turning Bike Rides into Bus Rides.'

And starting March 1, continuing in April and beyond, a fan favourite is back! **Monthly Mall Shopping Days have returned**, running **three Mondays each month**. These popular outings combine convenience, social time and a little retail therapy. Get a group of friends together for a day out at Upper Canada Mall in Newmarket and leave the driving to us.

This April, discover how CCS is helping seniors stay active, involved and independent. Because living well in Caledon should always be possible and rewarding at every age. Visit www.ccs4u.org.



What is polypharmacy?

Polypharmacy may contribute to complications that could jeopardize seniors' health.

Johns Hopkins Medicine defines polypharmacy as the regular use of multiple prescriptions. According to data from the National Health and Nutrition Examination Survey and the Canadian Health Measures Survey, 22 percent of adults between the ages of 40 and 79 in the United States and 19 percent of adults in that same age bracket in Canada took at least five medications in the 30 days prior to participating in each survey.

Prescription medications are designed and prescribed to help people overcome various medical conditions, but polypharmacy can contribute to other issues that are worth noting, and some of those conditions can have an adverse effect on seniors' daily lives and overall well-being. According to Johns Hopkins Medicine, symptoms of polypharmacy include:

- Depression
- Anxiety
- Excitability

It's equally important that seniors recognize that polypharmacy affects aging adults differently than it affects younger people, as changes in body composition that are a natural part of aging can affect how the body reacts to medications and might affect how different medications interact with one another. The effects of new drugs on seniors also may be unknown, as Johns Hopkins Medicine notes that test subjects for medications may not include older adults.

Polypharmacy is a delicate situation and each individual's reaction to taking multiple medications at once is unique. Seniors are urged to be open and honest with all health care professionals they interact with regarding the medications they're taking. Report any difficult or unusual side effects immediately. Seniors who feel they might be taking too many medications should address those concerns with their health care professionals, who may deprescribe a given medication and work with patients to find alternatives that can treat existing conditions without adversely affecting quality of life.

- Reduced alertness
- Confusion or cognitive problems
- Falls and accidents
- Weakness and dizziness
- Loss of appetite
- GI problems such as diarrhea, constipation or incontinence
- Skin rashes



CALEDON COMMUNITY SERVICES

CCS helps you live your best life in Caledon. Discover the benefits today.

HEALTH



- Specialized Transportation
- Health and Wellness Activities 55+
- Transitional Care
- Assisted Living
- Caledon Specialist Clinic Care



Celebrate National Volunteer Month this April!

Explore opportunities to volunteer and make a difference with CCS.

HEALTH | JOBS | LIFE | ccs4u.org | 1-833-552-2748 | 905-584-2300



VELOCITY RIDE TO SUPPORT SENIORS
All proceeds support local seniors' health, wellness and independence through Caledon Community Services.

SATURDAY, JUNE 20

Caledon East Park (6101 Old Church Rd, Caledon East, ON L7C 1G6)

Ride Options:

- Scenic 10 km, 25 km and 50 km routes.
- The Gravel Route Challenge returns, a popular ride supporting our community.

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Tim Powell, Legacy Donor

Thank you for your support and belief in the importance of Bethell Hospice in our community.



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Celebrating SENIORS



Volunteering is a wonderful opportunity to connect with new friends



Where Seniors Find Community, Comfort, and Independence



Nestled in the heart of Caledon, the non-profit Abbeyfield Caledon residence offers a unique and supportive living experience for seniors who value independence, community, and comfort. With a commitment to providing quality accommodation, Abbeyfield Caledon is more than just a place to live—it's a place to thrive.

"It's like my big house," says Desirée, who has been at Abbeyfield for two years. "It's just a wonderful feeling. I feel very welcomed here, and Lisa and Connie, they cook with love. They're always watching out for us. I feel very protected and safe here."

Residents experience community-oriented living, enjoying private rooms while sharing common spaces, fostering friendships and a sense of belonging. The communal environment encourages social interaction through shared meals and activities, helping everyone feel at home.

Lisa Chevalier, Manager, and Connie Irwin, House Supervisor, prepare fresh food every day, as well as perform numerous tasks all over the house. But they say it's not work at all.

Abbeyfield Caledon balances service with independence. Its non-profit model ensures affordability and transparency. Abbeyfield Caledon welcomes seniors from all backgrounds, creating a diverse and vibrant community. Delicious meals are prepared daily, with special attention to dietary needs and preferences.

"It's like home for all of us. I feel like we're one big family," says Chevalier.

To join the family, the Abbeyfield Caledon Board of Directors is currently seeking a Volunteer Treasurer and a Director of Development with property development experience. If you think you're the perfect fit, reach out to Abbeyfield at 905-860-0181.

Located in scenic Caledon East, Abbeyfield House offers easy access to local amenities, parks, and walking trails, allowing residents to appreciate the natural beauty and tranquility of the area. It also provides the perfect location to serve residents from surrounding communities. The staff and volunteers are dedicated to creating a safe, welcoming environment where every resident is respected and valued. Whether you're seeking peace and quiet or vibrant social engagement, Abbeyfield Caledon adapts to individual preferences and needs.

To continue meeting the ever-growing needs of the community, and based on the initial success of Abbeyfield 1.0, the Abbeyfield Board of Directors has launched a new project—Abbeyfield 2.0. With support from Mayor Groves and Members of Council, the Abbeyfield Caledon Board of Directors is exploring the potential to develop a second Abbeyfield within Caledon. There is a growing need for more affordable housing in the community, and the Abbeyfield model will serve seniors well into the future.

"I loved it right from the very beginning, and I haven't changed. I love the fact that I can go to my suite and be by myself, and the food is great," says Kay Burtney, a resident of six years.

In addition, the Board has developed some enhancements to Abbeyfield 1.0. The first is a live after-hours answering service that connects residents to family members or staff in the event of an overnight issue or emergency. The second is a pilot project testing a new, state-of-the-art Fall Detection System called Pontonsense. This technology can detect a fall in a resident's suite and, within 90 seconds, send a notification to volunteers, staff, and family members on the contact list. No wearables—wrist or necklace—are required for the system to operate. The Board of Directors will continue to look for innovative ways to increase the safety and security of all residents.

Karen Hopper, a resident of one year, says her daughter-in-law found Abbeyfield and immediately told her she would love it—and she does.

"Other retirement homes, most of them rely on catered-in, brought-in food. Here, they shop locally and prepare fresh food. It's from scratch, and that's the big difference," says Richard Paterak, a resident of two years.

Serving the Region of Peel and Dufferin County, Abbeyfield Caledon encourages residents to sign up for its waitlist or book a tour! Please reach out to Lisa Chevalier at lisa@abbeyfieldcaledon.org for further details.

Marianne Herbert, a resident of two years, says they have so much independence but always come back because Abbeyfield is their home.

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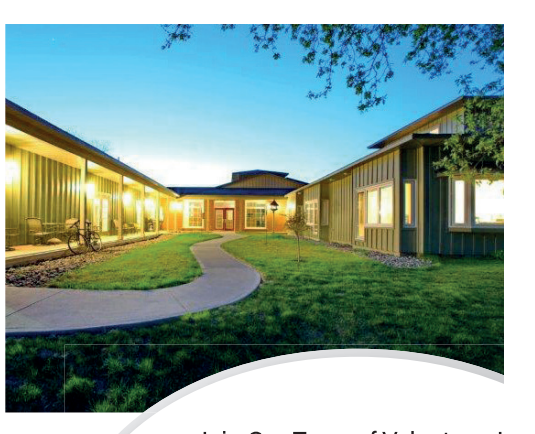
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Abbeyfield Caledon is a non-profit residence for independent seniors, nestled in the charming town of Caledon East. Our home is committed to fostering community, offering wholesome nutrition, and creating meaningful connections.



"It's like home for all of us. I feel like we're one big family."
- Lisa Chevalier, Manager



Interested in becoming a resident? Contact us for more details.
905-860-0181 abbeyfieldcaledon.org

Join Our Team of Volunteers!
Abbeyfield Caledon is seeking:

- Volunteer Board Members
- Volunteer Treasurer
- Volunteer Director of Development

For more information, please contact Gord Gunning at President@abbeyfieldcaledon.org.

SOME RISKS, YOU CAN'T CONTROL. YOUR HABITS, YOU OFTEN CAN

(NC) Understanding what you can and can't control can make a real difference to your health.

Not all risks for heart disease and stroke can be controlled, but knowing what's fixed helps you focus on what you can change. Did you know that about half of your overall risk is inherited? This makes healthy habits even more important for prevention.

Dr. Sara Kirk, a professor of health promotion, says many factors influence our ability to make healthy choices. "We're living in an often health-disrupting environment with social and structural determinants that can prevent people from being able to make decisions that would improve their health and wellbeing," she says. "The choices we make are dictated by the choices that we have, and in some cases, there's not even a choice."

Understanding your factors is a key first step. There are tools, like the Heart & Stroke Risk Screen, that can help, by showing you where you stand, and where changes can potentially help.

IMPORTANT RISK FACTORS YOU CAN'T CHANGE

Genetics and age: Studies show that about half of a person's overall risk for heart disease is inherited. As we age, the heart and blood vessels naturally change,

which increases risk it. Understanding these factors encourages earlier screening for high blood pressure, high cholesterol and diabetes — and prompts preventive action.

Sex: Women and other people who can experience natural or medically induced menopause face distinct risks during reproductive, menopause and post-menopause stages. Conditions such as hypertension and gestational diabetes during pregnancy increase lifetime risk, and after menopause, hormone changes can further raise it.

Ethnicity: Different communities experience varied levels of risk based on genetic, cultural, environmental and socioeconomic factors. Racism and discrimination add pressures that contribute to depression, anxiety and chronic stress—all of which harm heart and brain health.

Social and environmental factors: The ability to make healthy choices can be easier for some, and harder for others, depending on many factors, including where you live, your finances and access to healthy choices and resources. Air pollution also affects heart and brain health.

Understanding what can't be changed helps people focus on meaningful actions — and empowers them to protect their heart and brain health. Healthy habits such as sleep, physical activity, stress management and eating well make a powerful difference, and it's never too late to start. You can find tips for healthy habits at heartandstroke.ca.

www.newscanada.com



Planning today for the impact you'll leave tomorrow

Planning for the future is one of the greatest gifts we can give to the people we love, and to the community we care about. For many, that planning includes preparing a Will that ensures family members are supported and that personal wishes are honoured. Increasingly, it also includes the meaningful act of leaving a charitable gift to a cause close to the heart. What many people don't realize is that thoughtful estate planning allows you to do both: provide for loved ones and make a lasting contribution to the organizations that matter to you. A gift in your Will can be structured in a way that aligns with your values, fits your financial situation, and still protects everything you intend for your family.

A charitable gift in a Will does not require enormous wealth. In fact, most come from ordinary people, like you and me, who want to make a meaningful difference. Even a small percentage of an estate can have a remarkable impact. For organizations like Headwaters Health Care Foundation, these gifts help ensure exceptional health care close to home for generations to come.

Including a gift in your Will can also bring financial advantages, such as reducing the taxes owed by your estate. For many, this means the ability to leave a larger gift to both family and charity than might have been possible during their lifetime. It's a powerful way to ensure your values continue to support the community long after you're gone.

If you're considering a gift in your Will, there are important reasons to let us know: Knowing your intentions allows us to thank you properly during your lifetime. It also gives us the opportunity to understand how you wish your gift to be used, and to ensure those wishes can be fulfilled exactly as you envision.

Also, awareness of future gifts strengthens long-term planning for the Foundation. When we understand the generosity that is coming, we can plan strategically to meet the future needs of the hospital, invest in vital equipment, and ensure patients and families continue to receive the outstanding quality of care we want for them.

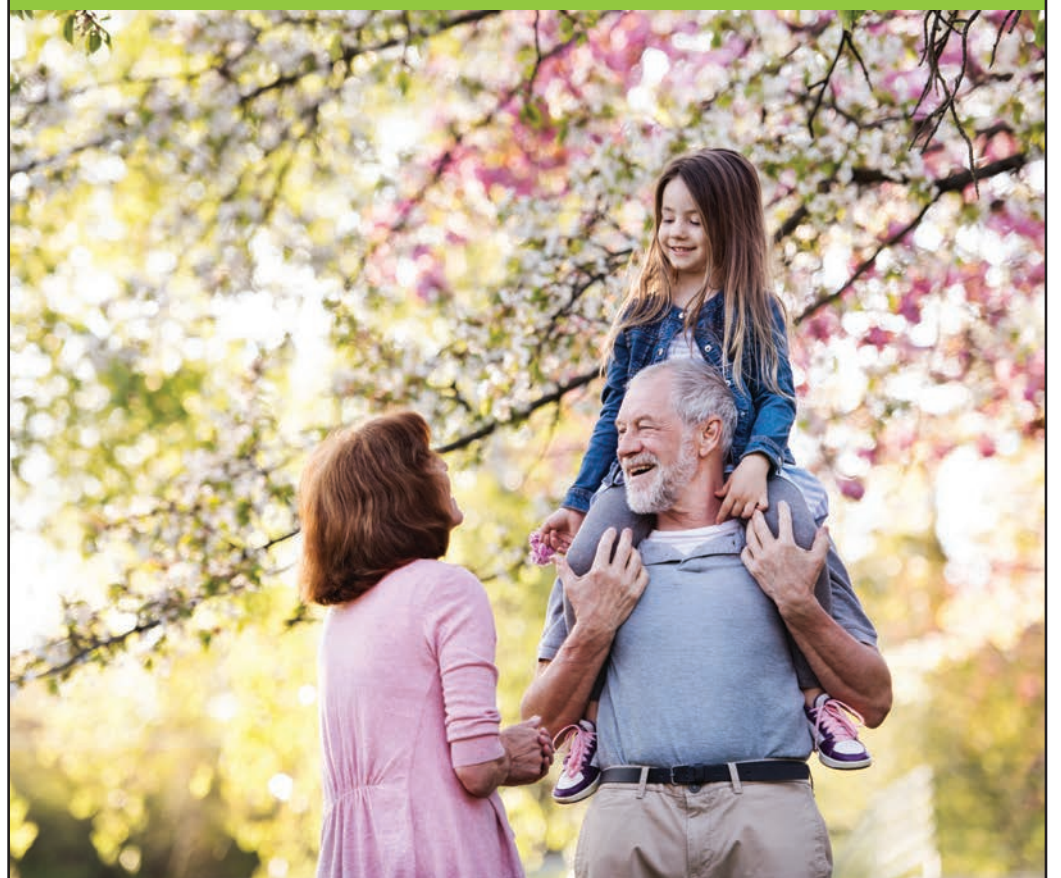
Finally, we may be able to recommend ideas to discuss with your lawyer or financial planner to help minimize your estate taxes and maximize what you leave for loved ones and your preferred charitable organizations. As you review your estate plans or consider updating your Will, I encourage you to think about the causes that have shaped your life and supported your community. A gift in your Will to Headwaters Health Care Foundation ensures that exceptional, compassionate care remains available close to home for your family, your neighbours, and future generations.

It can begin today with a simple conversation.

You can reach us by emailing foundation@headwatershealth.ca or calling 519.941.2702 ext. 2303.



A GIFT IN YOUR WILL



A gift in your Will of any amount can have an impact on health care for future generations

You have the power to help provide the best possible health care for your community, create tax advantages for you estate, and make a positive difference in the lives of patients and their families in the future.

Contact Joel Porter at 519.941. 2702 ext. 2303 or by email at jporter@headwatershealth.ca to learn more about how to include Headwaters in your Will.



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Visit our website for Covid/Flu Shot info

Why Australia should be on your bucket list this year

(NC) For many Canadians, Australia is high on their list of places they want to visit. But the distance to get there can seem prohibitive. Here are four reasons why you should consider Australia for your next holiday.

Our winter is their summer Australia is located in the southern hemisphere, which means as our fall turns into winter, they are transitioning from spring to summer. But the Australian climate is much more temperate than ours, so it doesn't matter what time of year you visit – it'll always feel like summer to a Canadian.

It's exotic, but familiar While it depends on where exactly you're based in Canada, we're about 14,000 km from Australia. Yet, despite being halfway around the world from each other, the two countries have much in common. For one, we're both part of the English commonwealth, meaning we have a shared language and many similar customs.

But it's also very different. We have vast forests and countless lakes; they have sprawling deserts and some of the most treasured ocean beaches in the world. We have raccoons and black bears; they have kangaroos and crocodiles.

As any seasoned traveller knows, one of the beauties of exploring the world is dis-

covering how much we have in common, no matter where we live.

Like Canada, it's big Australia is the only country that is also a continent. Still, we edge out the continent-sized country, clocking in at about 10 million square kilometres compared to about 7.5 million for the Land Down Under. Still, much as we like to laugh at tourists asking if there's a subway between Toronto and Montreal or if you can do a day trip from Vancouver to Calgary, Australia's vast size means you have to be selective about how much you can realistically see in one visit.

It's the perfect place for a package tour Given its size, varied terrain and distance to get there, Australia might be the perfect destination to consider for an organized tour. Some operators, such as Air Canada Vacations, offer multi-day packages that target specific regions, or take you on a tour of the key cities and sites. Options include fully guided tours, or a mix of guided outings followed by a self-guided road-trips exploring the country.

Learn more about Australian tours at aircanadavacations.com.

www.newscanada.com



A different kind of multigenerational escape: Ocean yacht cruising

(NC) For many families, finding meaningful time together can be a challenge.

Work, distance and the pace of everyday life often pull family members in different directions. One way an increasing number of families are choosing to reconnect is luxury yacht cruising.

It's a travel experience that blends exploration, ease and togetherness, which can give every generation space to enjoy the journey in their own way. Here are four reasons why more families are trying it:

1. Experiences that suit every pace. Modern yacht cruising is all about choice. Some family members might want to dive into local culture on a guided tour or food tasting, while others prefer a slower day—snorkelling in clear waters, lounging on deck or unwinding in the spa. With onboard amenities like pools, gyms and libraries, everyone can find their own rhythm, whether that's active adventure or quiet downtime.

2. Travel made simple. Unlike traditional cruise ships that can carry thousands, boutique yachts like those

from Emerald Cruises & Tours host just over 100 guests. This smaller scale means a less crowded and more relaxed atmosphere, perfect for families who want both togetherness and personal space.

3. Adventures that bring everyone together. By day, everyone can choose their own adventure, such as a coastal hike, a market visit or simply soaking up sunshine at sea. Come evening, the family can gather again to share the stories of what they experienced, over dinner or cocktails on deck. It's travel that keeps everyone engaged without ever feeling rushed or confined.

4. New destinations, no repacking. One benefit, especially for older travellers, is that passengers unpack once, and the ship does the rest. Passengers experience a variety of sights, from famous destinations to hidden harbours, without the stress of repacking and moving accommodations each time.

At its heart, luxury yacht cruising isn't just about where you go, it's about the time spent together along the way. It offers families a chance to slow down, share experiences across generations and create memories that last long after the voyage ends.

Learn more about creating a multigenerational escape at emeraldcruises.ca/yacht.

www.newscanada.com

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Embracing changes and new opportunities:

a key step in living with intention in your senior years

Living with intention isn't about having life perfectly planned. It's about learning how to pivot, and to stay connected and hopeful, even when the path ahead changes.

As we age, change can show up more often and feel more personal: shifts in health, moving to a new home or even the world around us feeling less predictable. Living with intention isn't about predicting every twist and turn. It's about tapping into your resilience and responding in ways that honour what matters most to you. Here are three ways to do just that:

1. BE OPEN TO "PLAN B"

Sometimes life happens and goals or plans need revising. For example, if you plan to visit family across town but need to cancel due to bad weather, the day isn't ruined. Remember that the goal was connection. Let your family know and propose a video or phone call instead.

Plan B can also be about embracing new opportunities. Maybe you'd planned to watch a TV program but were invited to try a painting class instead. You may find painting enjoyable and even spark a new hobby.

2. LET YOUR VALUES BE YOUR COMPASS

During times of change, your core values can act like a compass, helping you make decisions that feel true to who you are. For example, if you're having mobility issues and value independence, you can stay self-reliant by using tools such as a walker or cane for longer walks, or make home upgrades such as adding grab bars in the bathroom.

By adjusting how you do certain tasks, you can keep living life on your own terms.

3. FOCUS ON WHAT YOU CAN CONTROL, GIVE YOURSELF GRACE

Even when life feels unpredictable, there are choices you can make to help you feel steadier. How you start your morning, for example, can set the tone for the day. Simple rituals such as enjoying a cup of tea by the window, or doing a crossword, can help you feel grounded and in control.

How you speak to yourself also makes a difference. On days when life veers off plan, it's easy to be self-critical. Instead, shift your perspective and offer yourself encouragement, saying, "It's okay if plans change. I'm making the best decisions I can in this moment."

Focusing on your values, setting achievable goals, staying mindful, and using these tools during times of change can help you experience fulfillment and purpose in this chapter of life.

At Amica Senior Lifestyles, we get to know what our residents value so we can tailor our life-enrichment programs to meet their needs and evoke their passions. Our beautifully designed seniors' residences offer engaging activities, deliciously fresh culinary options and discerning care. Together, we create meaningful moments all year long.

Disclaimer: The information provided in this guide is for general informational purposes only and should not be considered professional advice. Always consult with a qualified professional for any specific concerns.

To learn more, visit amica.ca.



Can couples move into assisted living facilities together?

The decision to move into an assisted living facility requires careful consideration, and that decision may necessitate even greater deliberation for couples.

THE ORGANIZATION SeniorLiving.org, which is devoted to empowering older adults to age with ease, notes that many assisted living facilities offer living arrangements for spouses who do not necessarily require the same level of care and attention as their partners. Though

each facility is different, and some may not allow couples to live together when one person requires significant help with day-to-day living, many provide apartment-style living in which housing units are equipped with safety features, such as handrails and wheelchair accessibility, that can make daily living safer for aging individuals with physical challenges without making life difficult for their partners with no such issues. In addition, SeniorLiving.org notes that, at most assisted living facilities, residents will only pay for the services required, meaning couples will not have to pay for services such as medication management and activities of daily living assistance for the spouse who does not require such help. Such flexibility can make life easier and more affordable for couples who choose to move into assisted living facilities together.

AMICA

AURORA PROMENADE



4 Ways Amica Aurora Promenade Is Elevating Senior Living In Aurora

Imagine sipping coffee in the sun-filled atrium, looking forward to a fresh morning stroll, participating in an engaging workshop with friends, dropping by the spa and then enjoying dinner prepared by a Red Seal-certified chef. Discerning seniors have all this and more at Amica Aurora Promenade.

1. Premium amenities, design and location

Amica Aurora Promenade has it all, with refined amenities such as a solarium, private dining room, fitness centre, home theatre, hair salon and spa, gardens and multiple terraces, so you don't need to leave the residence to host a family celebration, exercise, or meet a friend for dessert—the possibilities are endless. With tasteful décor in colours inspired by the natural stone and lush greenery of the region, the residence features elegant-yet-accessible design. "You can't beat the location, because you have access to all the downtown shops and restaurants, and it's steps from the Aurora Town Centre," says General Manager Meghan Solimine.

2. Staying connected and empowered

Each day, you'll have the opportunity to live on your own terms. You can spend time with like-minded peers during enriching activities such as walks, wine tastings, fitness classes, holiday celebrations, cultural events, wellness seminars, excursions with scheduled transportation and more. The building is also designed with many social spaces that encourage you to sit and chat with friends. Whatever your perfect balance is between doing things independently and being social, you can find it at Amica Aurora Promenade.



3. Exceptional dining

Choose from a menu of delicious, balanced meals prepared daily by our culinary team using fresh local ingredients. Our talented Chef creates seasonal rotating menus, for every day and special events, to suit every palate. Dietitian-approved and customized to residents' diets, each dish accommodates seniors' special nutritional needs, including puréed options for a smoother dining experience. Our flexible dining options also allow you to eat wherever you'd like, whether it's in the dining room, sun-filled atrium, our bistro, or from the comfort of your own suite.

4. Best-in-class care

We offer lifestyle options of Independent Living, Assisted Living and Memory Care at Amica Aurora Promenade. "That continuum and level of care is unique, and it means you don't have to move if your needs change," says Solimine. Even with different care needs, couples can continue to live together.

As part of our Memory Care program, residents live on a secure floor with a dedicated Memory Care Coordinator. Our certified team delivers specialized programming to improve cognitive function and foster a sense of purpose.

No matter which lifestyle residents live in, they receive professional, personalized care delivered through a Personalized Wellness Plan. As their needs change, so too does our care. This, along with 24/7 on-site nurses, offer peace of mind for residents and loved ones.



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MAKING FRIENDS IN YOUR

golden years

AGING AND CHANGE GO HAND IN HAND. Physical changes associated with aging, such as graying hair or reduced muscle mass, may garner the most attention. But personal relationships also can change as people age.

another. Perhaps there is a neighborhood group in which people from a particular housing development or several streets in town get together? Shared interests can include the place where you live.

As a person ages, interests could change and home base may not be what it once was. People move after retirement, and friends you might once have seen with frequency may no longer be as close by. Children are older, and the friends you made from these early parent-hood relationships may change as well.

• **ORGANIZE A GET-TOGETHER**
Sometimes making friends involves effort on your part. You might need to step out of your comfort zone and initiate first contact with others. Maybe there is a person at a store you run into frequently, or someone whose path you cross regularly that can be asked out to a get-together?

It is important to have a solid group of friends. Psychology Today reports that a strong social network reduces the risk of early death by around 45 percent. Recent data even indicates that loneliness is as great a health risk as smoking half a pack of cigarettes per day. Starting fresh and making friends at 50 or older might seem challenging. Although making new friends after 50 may take more effort than it did when you were younger, it is certainly not impossible. Here are some tips for making friends after 50.

• **GET INVOLVED WITH ACTIVITIES**
A church group or a volunteer activity can be a great place to meet new people. In fact, volunteers often get involved for the express purpose of getting to know others and to be integral members of the community.

• **CONSIDER OTHER GENERATIONS**
Friends need not be the same age and from the same generation. Keep an open mind that friends can come in all ages and from all walks of life.

• **JOIN A NETWORKING GROUP**
Networking isn't just for advancing your career. Networking groups that focus on friendships can help individuals meet one

Making friends after 50 requires some effort, but a sizable social network can benefit individual well-being into one's golden years.

QUICK TIPS for *Downsizing*



One of the most emotional aspects of preparing for a move to a retirement community in Etobicoke is often the process of downsizing.

A home holds years of memories — family milestones, personal achievements, and everyday routines that feel familiar and comforting. Letting go of belongings can feel overwhelming, but with thoughtful planning, it does not have to feel disruptive.

At **Delmanor West Village**, we understand that the transition to retirement living is about more than logistics. It is about preserving what matters most while making room for a new chapter. With the right approach, downsizing can feel purposeful, organized, and even empowering.

Below are four practical steps to help guide the process.

Start Early and Set a Thoughtful Timeline
Downsizing is easier when it is not rushed. Giving yourself several months allows space for reflection and careful decision-making. Break the process into manageable steps — one room or even one drawer at a time. Starting with areas that carry less emotional weight helps build confidence before addressing sentimental items.

Be Realistic About What You Truly Need

Consider the "one-year rule": if an item has not been used in the past year, it may no longer be essential. For meaningful belongings, passing them on to family members allows those items to remain part of your story.

Understand Your New Space

Review the floor plan and dimensions of your new suite at Delmanor West Village. Measuring furniture and planning storage in advance helps ensure your new home feels comfortable, functional, and personal.

Ask for Help When Needed

Downsizing does not have to be done alone. Family members, friends, or professional organizers can provide both emotional and practical support, making the transition smoother.

Choosing a retirement living is about embracing comfort, connection, and peace of mind. Downsizing is not about loss — it is about intention. When approached thoughtfully, it creates space for clarity, confidence, and a fulfilling new chapter.

Discover more at delmanorwestvillage.com

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SENIORS AND THE *dating* SCENE

Dating in one's golden years is a common experience for many seniors.

Whether it's the result of a loss of a spouse or other life events, many people find themselves looking for love in their golden years.

According to statistics from The Senior List and the Pew Research Center, roughly one-third of adults 65 and older in the United States reported being single in 2022, a percentage exceeded only by people between the ages of 18 and 29. Many older singles are not looking for a committed relationship; some just want to have fun exploring the dating scene. With that in mind, here's how seniors can explore dating, which may look and feel a little different than the last time seniors were dating.

IDENTIFY YOUR REASON FOR DATING

Seniors should establish the reasons they are ready to get back into the mix. Identifying the motivation for mingling can help set the right course for finding a partner. Sometimes it boils down to wanting someone to share hobbies, go to dinner or travel with. Some seniors like the idea of having a relationship with someone, but living apart with their own homes and sense of independence. Others are looking for the next Mr. or Mrs. Right, and want a partner to share their life with in all ways.

GOING DIGITAL

While meeting people in person is possible, particularly when those with similar interests are pulled together through clubs or social events, the dating world has increasingly moved online. On-

line dating is a popular and modern way to meet new people. Apps like OurTime and SilverSingles are geared specifically to the older demographic, while Bumble is women-led. Meetup is not a dating app, but one for meeting people with an interest in sharing specific experiences.

BE OPEN AND HONEST

Great relationships are rooted in honesty. Individuals should skip the "glory days" photos of their youth or even 10 years ago and use current photos for dating apps. People should be specific with what they are looking for, like a travel companion to go to Europe or someone who enjoys trying the local culinary scene. Being honest and specific increases the chances of finding a good match.

BE SAFE

Seniors are often the targets of scams, and by tugging at the heartstrings, scammers can exploit vulnerabilities. AARP® says nearly 60,000 people reported romance scams to the Federal Trade Commission in 2024, when victims reported losing \$2.95 billion. Wanting to move conversations off of dating apps and directly to texts or other messaging platforms where they can't be monitored is a red flag. Scammers often indicate they live far away and can't meet in person and will give excuses to that effect. Others will promise the world and be in constant contact. It's a cause for concern anytime a person mentions needing money or having an investment opportunity.

If and when a senior meets with a date, the interaction should take place in a public location for the first several dates. Double-dating with a friend also can be a safe approach.

Dating in one's golden years requires some adjustments and an emphasis on safety.



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