



SENIORS CLUBS/PROGRAMS – BRAMPTON, CALEDON, MALTON

BRAMPTON

Seniors Clubs / Programs	Days/Hours of Operation	Fee	Details
Brampton Cardinals Senior Choir Call contact for information Margaret Wells 905-450-9028	Mon 9:30am	Practice fee \$1.50/mtg \$7 annual fee to Brampton Seniors' Club 106	Seniors' choir offers mixed music with 4 part harmony. Visit nursing homes, seniors' groups, etc Affiliated with the Brampton Senior Citizens 106 Club Meeting at Flower City Seniors Recreation Centre 8870 McLaughlin Rd S, Brampton Ages 50 years and up
Brampton Chess Club 905-846-8467 (Call Berry) Holland Christian Homes-Horizon Hall 45 Kingknoll Dr Brampton, ON www.bramptonchess.ca	Tue 7pm-11pm	Membership 70/yr Ladies/seniors (65yrs and over) \$40/yr	Chess club - offers various levels of chess and interclub tournaments Public invited to come and play free for a couple of nights before joining club
Brampton Horticultural Society 160 Main St S Brampton, ON L6W 4R1 www.bramptonhort.org	4 th Tue of the month 8pm doors open: 7:15pm No meetings in July, Aug and Dec	Membership - \$17/yr/senior single (65yrs and over) \$24/yr/senior family	Horticultural society - encourages interest and improvement in horticulture, welcomes novices and experts, members develop and maintain an arboretum and public & private flower gardens at several institutions in the Brampton area. Other activities include: meetings with guest speakers, plant table, library and flower shows, annual show in June (entries accepted from the public), plant sale in May Meeting at: Flower City Seniors Recreation Centre 8870 McLaughlin Rd S, Brampton

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Brampton Senior Citizen Club 106 Flower City Senior Centre 905-874-7299 8870 McLaughlin Rd S Brampton, ON L6Y 5T1 www.brampton.ca/en/residents/recreational-Activities/Pages/Seniors.aspx	Mon, Tue, Thu 1pm	Membership \$5/yr/person	Social organization for seniors - features day trips, arts and crafts, darts, shuffleboard, choir, card games, fitness, educational, special interest, dance, special events Ages 50 years and up
Chinguacousy Garden Club 905-458-9950 Knightsbridge Community Centre 1A Knightsbridge Rd Brampton, ON L6T 4B7 www.gardenontario.org/site.php/chinguacousy	2 nd Tue of the month 8pm From Sep to Jun	Membership \$15/yr-senior single \$17/yr/senior couple Visitors \$2 per meeting	Garden club, meetings feature slide shows, speakers, garden tours, houseplant care, flower arranging, visiting Greenway Retirement Village.
Federation of Filipino Canadians of Brampton 905-216-0993 7700 Hurontario St, Unit 601 C Brampton, ON L6Y 4M3	4 th Thu of the month (except in December) 7pm-8:30pm	Membership \$10/yr/person; \$20/yr/organization	Filipino group, preserving and promoting Filipino culture, heritage and traditions. Partners with Fiesta Filipina in staging Philippine Pavilion during Brampton's Carabram
Flower City Seniors Recreation Centre 905-874-3500 8870 McLaughlin Rd Brampton, ON L6Y 5T1 www.brampton.ca/EN/residents/Community-Centres/FCS...	Mon-Fri 8am-8pm * Sat 8:30am-4pm * Sun 9am-3pm	Membership \$20.50/yr	Older adult centre * offers recreational and cultural activities * fitness programs * educational programs * special interest programs * card and games programs * dance * arts and crafts * special events and bus trips
Italian Cultural Centre - Brampton 905-790-8886 2 Automatic Rd, Unit 119 Brampton, ON L6S 5N4	Tue and Fri 8pm-12midnight	Membership \$100/yr/family	Italian community centre - offers cultural and social activities, seniors' group

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Knightsbridge Senior Centre Knightsbridge Seniors Club 905-792-7422 1A Knightsbridge Rd Brampton, ON L6T 4B7 www.brampton.ca/EN/residents/Community-Centres/Knightsbridge-SeniorCentre/Pages/Welcome.aspx	Mon-Fri 8:30am-4pm	Membership - \$20/yr/person + activity fees	Seniors centre – offers easy fit, gentle yoga, Zumba, yoga, osteofit, stretch and strengthen, art classes Ages: 55 years and up
Library Settlement Partnerships Program Brampton Public Library Newcomer Seniors Group www.bramlib.on.ca/index.php/multicultural/programs/newcomer-seniors-group	Offered at different Library locations in Brampton – days and times differ - See website for details	Free	Learn about health, nutrition, fitness, relations and other informational topics Seniors 55+ Program in collaboration with Brampton Multicultural Community Centre
Perpetual Bazaar 905-453-5525 21 Queen St W Brampton, ON L6Y 1L9	Mon-Fri 10am-5pm Sat 10am-3pm		Retail outlet for handicrafts made by senior citizens (55yrs and over) and people with disabilities in the Brampton area
Retired Women Teachers of Ontario – Peel North Branch 905-843-9586 North Bramalea United Church 363 Howden Blvd Brampton, ON L6S 4L6	2 nd Tue of the month Sep to May	Membership	Social group for retired women teachers, which meets for <ul style="list-style-type: none"> • fellowship, to promote the interests of retired women teachers • and to provide communication and support A home health care policy is available with provincial membership Must be a retired woman teacher or educator
Royal Canadian Legion – Bramalea Branch 609 Clubroom 905-453-7710 1133 Queen St E Brampton, ON L6T 4E2 www.rclbramaleabr609.ca	Mon-Wed, Sat-Sun 11am-8pm Thu 11am-9pm Fri 1pm-12midnight	Veterans and their families and guests	Service club for members of the Canadian Forces and families * assists veterans and dependents to obtain pensions and benefits * some Legions (including 609) offer branch catering services and banquet hall rental *sponsors other community organizations * coordinates youth, sports and seniors programs * Ladies Auxiliary

BOLTON/CALEDON

Seniors Clubs / Programs	Days/Hours of Operation	Fee	Details
Caledon East Seniors Club 905-584-9933 Caledon Community Complex 6215 Old Church Rd Caledon E, ON	Wed 1:15pm	Membership	Seniors' social club – card games and social events Ages: 55 years and up
Caledon Public Library Administrative Centre 6500 Old Church Rd Caledon E, ON 905-584-1456 Albion Bolton Branch 905-857-1400 Alton Branch 519-941-5480 Belfountain Branch 519-927-5701 Caledon Village Branch 519-927-5800 Caledon East Branch 905-584-1456 Inglewood Branch 905-838-3324 Margaret Dunn Valleywood Branch 905-843-0457	Book Club: 1xmonth at different locations – call for details Monthly Programs 2 nd Thu of the month at Albion Bolton Branch		Seniors Programs Volunteer Visiting - Books, movies and/or books on CD will be delivered to those unable to visit the library due to disability, long-term illness or caregiver responsibilities Book Clubs - meet on a monthly basis throughout the 7 branches Chess with Friends Family Board Games Monthly Programs - On the second Thu of each month, from October to June, at the Albion Bolton Branch at 1:30pm, a drop-in seniors program will be offered followed by light refreshments. From musical guests, movies, demonstrations and guest speakers, it is always a fun and pleasant afternoon Ancestry Workshop – search for your ancestors through Ancestry Library, an online resource
Caledon Senior Hockey League 416-578-4081	Play - Mon evenings	Membership	Men's hockey league Ages: 40 year(s) and up Play at: Don Sheardown Arena, Albion Bolton Community Centre

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Caledon Seniors Recreation Centre 905-951-6114 7 Rotarian Way Bolton, ON L7E 1Y2	Mon-Fri 9am-4pm	Membership \$15/yr	Seniors community and recreational centre. Meeting room hall rental available to public. Banquet facility for 125 people Some of the programs available at the Centre include: walking group, chair and regular exercises, crafts, painting, wood carving, bridge lessons, duplicate bridge & contract bridge, euchre, bid euchre, & poker for fun, tai chi, bingo, sing a longs, Wii games, art classes, board games, socials and bus trips Also available are horse shoe pits, outdoor shuffleboards, carpet bowling, pickle ball and ping pong Lunch: Mon and Wed for \$4/person Potluck lunch last Wed of month Area Served: Caledon, Ages: 55 years and up
Caledon Seniors' Council Alex Rodrigues, President 905-584-0591 Drop-In Centre St James Anglican Church 6025 Old Church Road Caledon East, ON	Drop-In Centre Fri 9:30am-4pm	Membership \$5/yr	Advocates for senior citizens to municipal, provincial and federal governments and their departments. Provides "A voice for seniors" Sponsors a Drop-In Centre for all Seniors. Participate in some gentle fitness followed by a serving of goodies, crafts, card games, book exchange or just to chat. Stay for lunch followed by a movie. A host of other activities are also offered Serves Caledon, Ages 55 years and up
Royal Canadian Legion – Alton Branch 449 519-942-4021 Legion Hall 1267 Queen St W Caledon, ON L7K 0C4	Tue, Fri 4pm-11pm Wed 4pm-12midnight Thu 4pm-9pm Sat 2pm-9pm	Open to Legion members and friends	Local service club which participates in community events and arranges annual Remembrance Day Services in Alton. Legion has air-conditioned banquet facilities which will hold 160 Annual Remembrance Day Service, usually Sun before Nov 11th. Parade starts at 10:30am and marches to the cenotaph (next door to the Legion Hall) with service at 11am

MALTON (MISSISSAUGA)

Seniors Clubs / Programs	Days/Hours of Operation	Fee	Details
Malton Community Centre Malton Senior Citizens Club 231 905-677-2909 3540 Morning Star Dr Mississauga, ON L4T 1Y2	Regular meeting 2 nd and 4 th Thu, Sep-June, 7:30pm-10pm, various activities	Membership	Seniors' social club offering activities, such as cards, social and occasional trips Tue: 9:30am-4pm Wed: 9am-12noon Thu: 1pm-4pm and 7pm-10pm (2 nd and 4 th Thu) Age: older adults
Malton Community Centre Senior Asian Group 905-671-2278 3540 Morning Star Dr Mississauga, ON L4T 1Y2	Mon-Fri 12:30pm-4:30pm	No fee	Drop-in program for South Asian seniors offering card games
Malton Community Centre Malton Italian Seniors 905-671-2830 3540 Morning Star Dr Mississauga, ON L4T 1Y2	Mon-Sat 12:30pm-4:30pm		Activities: Social and cards