

Glam Girls really brightened up the lives of seniors



Glam Girls, with several of the residents at 1640 Maple Grove Rd. Caledon village, displaying their silk scarf creations. Betty Burgoyne, Glam Girls Team Lead, is seen front row left side.

Caledon Community Services (CCS) has expanded its community programs to include Seniors Helping Seniors.

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Church Directory

| ANGLICAN | PENTECOSTAL |
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| <p>CHRIST CHURCH BOLTON 22 Nancy Street, 905-857-0433 Sunday worship, 8 a.m. & 10 a.m. Church school & nursery 10 a.m.</p> | <p>BOLTON PENTECOSTAL CHURCH Albion Bolton Community Centre 150 Queen Street, Bolton Sunday Service – 10:30 a.m. <i>Visitors are always welcome!</i> Join us for our morning service & a cup of coffee. Children's programs are available. Tuesday Family Night 7:30 p.m. Kids' Klub & Youth Adult Life Group</p> |
| <p>ASSOCIATED GOSPEL CHURCHES</p> <p>ALBION HILLS BIBLE CHURCH 17243 The Gore Road, Palgrave Sunday Services 9:45 am Bible study 11 am Worship Member of the AGC Associated Gospel Churches 905-880-5579 www.albionhillsbiblechurch.org Founded on God's Word Focused on Missions Pastor Bill Bogers</p> | <p>ROMAN CATHOLIC</p> <p>ST. CORNELIUS CHURCH Kennedy Road (north of the Grange) Caledon Mass: Sunday 8:30 a.m.</p> <p>ST. JOHN'S CHURCH ALBION 16066 Gore Road (north of Old Church Road) Albion Masses: Saturday 5:00 p.m. Sunday 10:15 a.m. 11:45 a.m.</p> |
| <p>NEW COVENANT</p> <p>THE JESUS PEOPLE Acts 2 Verse 37-38 EVERY SUNDAY 11 a.m. 15 King St. E. HOLY SPIRIT MINISTRIES</p> | <p>COMMUNITY EVENTS</p> <p>WEDNESDAY, FEBRUARY 17 Matt Dusk in Concert in Support of Wellspring Chinguacousy Cancer Support Centre, 8 pm, at the Rose Theatre, downtown Brampton. Tickets are \$35, \$40, \$45 and available by calling 905-874-2800. Visit www.wellspring.ca/chinguacousy-brampton. THURSDAY, FEBRUARY 18 "Aloha Hawaii" Lunch & Entertainment, 12 noon, at the Caledon Seniors Centre (7 Rotarian Way, Bolton). Cost \$14/person. Call 905-951-6114. The Bolton Therapeutic Touch Group meets 7:15 pm, at the Davis Centre (80 Allan Dr, Bolton). Call Diane 905-880-2220 or Lorenza 905-584-2396. Meeting of the Peel Regional Aquarium Club, 7 pm, at Turner Fenton Secondary School (Kennedy & Steeles Rd, Brampton). Speaker: Brian Glazier on Fish Nutrition. Everyone welcome. Visit www.peelaquariumclub.org. FRIDAY, FEBRUARY 19 A "Grand" Morning – special morning of fun and play to celebrate the special bond between grandparent and grandchild, 9:30-11 am, at the Caledon Parent-Child Centre/Ontario Early Years Centre. Childcare provided for a small fee. To register, call 905-857-0090. Visit www.cp-cc.org. Murder Mystery Night at the Glen Eagle Golf Course, "Murder is Par for the Course", 6 pm. Help solve who killed an undisputed golfing legend. Cocktails and gourmet dinner. Tickets \$50/person, with \$10 of each ticket going to the Mayfield School Ireland Rugby Tour Fund. For tickets, call Stacy 647-216-3940 or Glen Eagle 905-880-0131 ext 224. SATURDAY, FEBRUARY 20 Pancake Breakfast in support of Bolton Sea Cadets, 9-12 noon, at Bolton United Church (Nancy St). Cost \$5/adults; \$3/children and seniors. MONDAY, FEBRUARY 22 Meeting of the Caledon F.A.M.E. Family Support Group, 7-9 pm, in the Albion Bolton Community Centre, (Caledon Parent-Child Centre, 150 Queen St S, Bolton). This group provides support to those with family members with mental illness. No cost. For more info or to register, call Frank Logue 905-488-7716.</p> |

Led by Betty Burgoyne, a long-time resident of Inglewood, the Glam Girls volunteer their time and talents visiting monthly with the residents of 1640 Maple Grove Rd., a seniors building in Caledon village.

impact organization that "helping people help themselves." supports residents of Caledon and surrounding communities.

The main office of CCS is at 18 King St. East in the Royal Courtyards, Bolton. For more information, visit www.ccs4u.org or phone (905) 584-2300.

Dying silk scarves, mini manicures, hand massages, sing-alongs and memoir-writing workshops are just a few of the activities the women at Maple Grove get to participate in when the Glam Girls come around.

The positive energy is contagious, as the women gather in the recreation room of their building to enjoy tea, coffee, sweet treats and friendly conversation.

One of the residents, Virginia, commented that the monthly visit from the Glam Girls always lifts her spirits.

The Glam Girls is just one of the wonderful programs coordinated by Seniors Helping Seniors (SHS).

For more information on the SHS program, contact Brigitte Malo at (905) 584-2300, ext. 235 or e-mail bmalo@ccs4u.org

CCS is a community-



CARRIERS OF THE MONTH

The Caledon Citizen Carriers of this month represent a triple combination, namely Alaiyah, Adaijah and Akailah Wilson. Akailah started the route a little more than three years ago, and her sisters got involved about a year ago. They now combine to deliver about 60 papers per week, doing an excellent job in the process. For their excellent work, they received passes from Empire Theatres in Bolton.

COMMUNITY EVENTS

A directory of what is happening in the community

This column is provided as a free public service to non-profit organizations to announce up-coming events. Please contact Beth Early-Rea at Caledon Community Services at 905-584-9460 if you wish to have an announcement published. The deadline is Wednesday.

THURSDAY, FEBRUARY 11
Probuc Club of Bolton District meets 9:30 am at the Caledon Seniors Centre (7 Rotarian Way, Bolton). Beverley Berger, guide dog owner, will speak on Guide Dogs.

Meeting of the Mono Road Womens Institute, 1 pm, at the home of Domenica Wheeler. Refreshments to follow. Program "Fun & Games". Guests welcome. Call Jenny 905-584-2901.

Caledon Public Library and Caledon Meals on Wheels present a "Year of the Tiger Senior's Lunch" at the Albion Bolton Community Centre, doors open at 12 noon with lunch served at 12:30 pm, entertainment 1:15 pm. Cost \$5/person. Advance registration required. Drop by any branch or reserve by calling Meals on Wheels 905-584-7136.

Moms and Babies Nurture Group every 2nd and 4th Thursday of the month, 2-3 pm, at Inside Out Family Chiropractic (27 King St E, Bolton). Open to all pregnant moms and moms with babes in arms to meet and discuss issues relevant to their life as a mom and a woman. Group is free. Call Dr. Shawna Dingman 905-951-9911 or info@insideoutchiro.org.

Valentine's Family Fun Night, 5-7 pm, at the Caledon Parent-Child Centre (in the Albion Bolton Community Centre). Dress in seasonal pink or red. Kids can enjoy free crafts, playroom activities, bedtime stories and more. Call 905-857-0090 or visit www.cp-cc.org.

FRIDAY, FEBRUARY 12
"Pregnancy and Pediatric Chiropractic Care", a free parent education workshop at the Caledon Parent-Child Centre/Ontario Early Years Centre, 9:30-11 am. Childcare provided for a small fee. To register, call 905-857-0090. Visit www.cp-cc.org.

Mayfield Alumni Pub Night, 7 pm, at Mayfield Secondary School (Mayfield & Bramalea Rds). To support the Mayfield SS Rugby Players Ireland Tour 2010. Tickets \$10/each. Cash bar,

entertainment and silent auction. For tickets, call Tish 416-434-1717; tish@thansen.ca.

SATURDAY, FEBRUARY 13
"Snowshoeing 101" 10-11:30 am, at Terra Cotta Conservation Area (14452 Winston Churchill Blvd). Free with regular admission. For more info, call 905-670-1615 ext 429 or email education@creditvalleyca.ca. Dress for the weather. Snowshoe rental included.

Valentine's Day "Mystery Dinner", entitled "The Eternal Cruise", 6-11:30 pm, at St James Anglican Church, Caledon East. Tickets \$40/person or \$75/couple. Dancing to follow Dinner. For tickets, call the Church office 905-584-9635.

Beta Sigma Phi's Annual Valentine's Dinner with Live & Silent Auctions, 5:30 pm cocktails; 7 pm dinner at Glen Eagle Golf Club (Hwy 50, N of Bolton). Tickets \$60/each with proceeds to support Caledon Community Services and the Canadian Aid for Chernobyl. For tickets, call Ann 905-584-2634.

MONDAY, FEBRUARY 15
The Albion Bolton Historical Society AGM, 7:30 pm, at the Bolton United Church (Nancy St). Topic: "Jaffary's Creek". Everyone welcome to come and share their memories of this creek.
FEBRUARY 15-20

Bag Sale at Chez Thrift. Buy a tote bag for \$2 and fill for \$5 (unpriced clothing only). BINGO Sale at the ReUstore, up to 50% off purchases over \$5. Proceeds from these two CCS Stores go into its community programs. To arrange donation pickup, call 905-584-2300.

TUESDAY, FEBRUARY 16
Shrove Tuesday Pancake Luncheon, 12 noon, at the Caledon Seniors Centre (7 Rotarian Way, Bolton). Cost \$7/person. Call 905-951-6114.

Shrove Tuesday Pancake Dinner, 5-7 pm, at Caven Presbyterian Church (110 King St W, Bolton). Tickets \$8/adults; \$4/children 10 yrs and under. Variety of pancakes and fruit available. Proceeds to Caven Sunday School.

The Mayfield United Church Men are hosting a Community All You Can Eat Pancake Supper, 4:30-7:30 pm, at the Brampton Fairgrounds (Heart Lake & Old School Rds, Caledon). \$10/person; Free for children 11 years and under. Proceeds to Community Outreach Fund.