

Olympic fever hits Macville School



The students at Macville Public School were in the mood for the Winter Olympics recently, as they spent a morning putting on their own version of the Games. The students were divided into teams (countries) before competing in numerous events. Ever hear of human curling? They have at Macville. Claye Smiley-Paton and Owen Carter were sending their "rock" Mack Winters toward the "house."

Photos by Bill Rea



One of the events was a torch run relay. Grade 6 student Evan Jansons was on the run here.



Grade 2 student George Parkinson had the easy job in this event, as Grade 6 student Nick Martel did the work.



Some of the events required a bit of improvising, such as speed skating. The athletes had to use sheets of paper to slide along the floor. Team captain Randy Chen was offering encouragement to Grade 1 student Daniel Quintal.



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"Seniors Leading the Way" By Michelle Stubbs



Over the past year, Caledon Community Services, in partnership with the Central West Local Health Integration Network (CW LHIN), has had the opportunity to be a part of a remarkable initiative in Caledon: a leadership development program called Seniors Helping Seniors.

social networks, improve the health and well being of their peers, and lead exciting new opportunities for seniors living in Caledon.

Within one year, our program's growth has been extraordinary. Programs targeting new learning opportunities, such as Cyber Seniors, Photography Groups and the Caledon Zoomers Writing Group, have demonstrated that the skill sets of our senior population is second to no other community. Programs targeting health and well-being, such as Glam Girls and Walking for Wellness, illustrate that our seniors are active and taking better care of themselves than ever. Programs targeting social engagement, such as Belly Dancing and Seniors Socials, are flourishing and reaching new levels of participation every month.

The purpose of this initiative is to "plant" senior volunteers into every nook and cranny of our community through the establishment of seniors-created-and-driven programs. Seniors Helping Seniors acknowledges the wealth of seniors' wisdom and experiences; it promotes seniors' leadership, self-esteem building and social engagement.

We are delighted about the future of the Seniors Helping Seniors program and anticipate the possibilities for new groups that will come to fruition as new seniors join and offer their leadership. There's no limit to the creativity and ideas ahead.

We never anticipated the results we've seen to date! The expertise, initiative, and talent that has been demonstrated by our Caledon seniors continues to amaze and inspire us.

If you are a senior living in Caledon, I invite you to call us and share your ideas, how you can improve your community, how you see yourself leading within CCS. The possibilities are endless; we are waiting for your call and ready to help you put your ideas into action!

The program has proven that the days of seniors being labeled as "old" are a thing of the past! No longer do we conceptualize them as living sheltered lives in the confines of their own homes. We see them as vibrant contributors who have the capacity, experience, skills, and desire to make a huge difference in our community. We are forging strong relationships with them within our organization and we are witnessing the power of the Seniors Helping Seniors "movement" as they build strong

How Do You See It?

Tell us how you see it. You can reach Michelle Stubbs, Manager of Volunteer & Community Relations at 905.584.2300 ext 211 or mstubbs@ccs4u.org

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