

Square One Older Adult Centre

Card Games

Canasta, Euchre, Bridge, Cribbage, Gin Rummy, Rumoli and Introduction to Bridge.

Health and Education

Foot Care, Sensible Living series, TOPS Weight Loss program, Meditation, Creative Writing, Computer Club, Gardeners Circle, Conversational Language, Travelogue, Red Hat Society, Book Club & Choir.

Music, Arts & Crafts

Craft Workshops, Bunka Embroidery, and Watercolour Painting.

Special Events

The Centre hosts many special events each year. The committee plans special events, dances and shows. Upcoming Events: Fall Fashion Show, Fall SWAP, Broadway Show "Greatest Hits", Diwali Celebration, Remember When, Christmas Lunch & Dance, Christmas Music, New Years' Eve Party.

Bus Trips

Come to the Theatre, take a wine tour or market tour, go on a boat cruise, have a gourmet lunch or travel to an event destination. Our value priced day trips also include monthly visits to a casino. For more information call 905-615-3208, Monday through Friday from 9:30 a.m. to 1:30 p.m.

Cozy Corner Café

The Café is staffed by friendly volunteers Monday-Friday, 9:30 a.m.-1:30 p.m. The menu includes sandwiches, soups, bagels, desserts and various hot and cold drinks. A library of paperbacks, books on tape, magazines and puzzles is also located in the centre.



Volunteers

Volunteers are needed for a variety of tasks. If you would like to help, we would like to hear from you. Please drop-in to fill out a Volunteer Application Form.

Seniors' Clubs at Square One O.A.C.

The following seniors clubs meet at the Square One Older Adult Centre and make their program activities available to all Centre members:

Chinese Golden Age Seniors

Sunday, 1:00 p.m.-5:00 p.m.

Contact Leon Eng, 905-507-2280

Silayan Filipino Seniors' Volunteer Group

Saturday, 12:00 p.m.-3:00 p.m.

Contact Rudy Bombase, 905-874-6942

Multicultural Asian Seniors' Club of Mississauga

Monday and Wednesday, 12:30 p.m.-4:30 p.m.

Contact Mr. Gill, 905-507-4839

Elderly Vietnamese Association of Mississauga

Saturday, 12:45 p.m.-4:00 p.m.

Contact Mr. Anh Duong, 905-696-6841 or (for English) Phan Dam, 905-629-2283

Mississauga Caribbean Canadian Seniors

Saturday, 12:00 p.m.-3:00 p.m.

Contact Cynthia Houston 905-896-3765

Goan Cultural Group

Wednesday, 6:30 p.m.-9:00 p.m.

Contact Juliet Rebello, 905-276-7890

ALCE—Latin—America Art and Healing Group

Wednesday, 2:00 p.m.-4:00 p.m.

Contact Elsa Galan, 905-897-2495 and Silvia Damar Radvansky 905-822-9142

Room Rentals

We have several rooms available for rent. For information and rates, call 905-615-3207.

Community Centre Senior Clubs and Groups**Burnhamthorpe Community Centre**
1500 Gulleden Dr., 905-615-4630**Burnhamthorpe Euchre Club**

7:00 p.m.–10:00 p.m., every Friday night. \$3/visit
Fred Bilasz, 905-270-5875

Seniors Card Club—55 Years and Over

7:30 p.m.–10:00 p.m., every Thursday night. \$1.25/visit
Patricia Doyle, 905-624-0564

Iranian Seniors Socializing

Tuesdays, 10:00 a.m.–2:00 p.m.
Pari Fereydouni, 905-277-3576

Mississauga Croatian Seniors Club

Cards, chess, socializing
Mon, Wed, Fri, 1:00 p.m.–4:00 p.m.
Located at Tomken Twin Arena
Monthly social functions—Fridays at
Burnhamthorpe Community Centre
Vinko Saric, 905-846-7315

Indo-Canadian Seniors' Group

Cards and socializing:
Monday–Friday, 1:00 p.m.–4:00 p.m.
Nirwair Singh Sara, 905-890-1056

Learn and Live Friendship Club

Wednesday 1:00 p.m.–4:00 p.m.
(Pot Lucks, Bingo, Cards)
Mary, 905-624-6577

Burnhamthorpe Italian Seniors

Cards and socializing:
Monday–Friday, 1:00 p.m.–4:00 p.m.
Renato Conti, 905-615-4630

Drop-in Older Adult Programs

Monday and Friday—starting Monday, Sept. 21st
9:30 a.m.–11:30 a.m.
Seniors Skate at Burnhamthorpe

Thursday

10:00 a.m.–11:00 a.m. Osteo Fitness*
(\$6.35/visit, \$27.75/5 visits)

Cawthra Community Centre
1399 Cawthra Road., 905-615-4800**Drop-in Older Adult Programs****Volleyball**

Tuesday and Thursday—
12:30 a.m.–3:30 p.m.

Basketball

Thursday–10:00 a.m.–11:30 p.m. (starts Oct)

Skating

Tuesday and Thursday—
10:00 a.m.–12:00 p.m. (September–March)

Clarkson Community Centre
2475 Truscott Dr., 905-615-4840**Clarkson Seniors Association Drop-in Programs****Monday**

9:00 a.m.–10:00 a.m., Fitness
10:15 a.m.–11:15 a.m., Fitness
10:00 a.m.–12:00 p.m., Crafts
1:30 p.m.–3:30 p.m., Carpet Bowling

Tuesday

10:00 a.m.–12:00 p.m., Quilting
1:00 p.m.–4:00 p.m., Square Dancing

Wednesday

9:00 a.m.–10:00 a.m., Fitness
10:15 a.m.–11:15 a.m., Fitness
1:00 p.m.–4:00 p.m., Ballroom Dancing
1:00 p.m.–4:00 p.m., Bridge

Thursday

10:00 a.m.–12:00 p.m., Line Dancing
1:00 p.m.–3:00 p.m., Euchre

Friday

9:00 a.m.–10:15 a.m., Tai Chi
9:00 a.m.–10:00 a.m., Fitness
10:15 a.m.–11:15 a.m., Fitness
10:45 a.m.–12:00 p.m., Beginner Tai Chi
1:30 p.m.–3:30 p.m., Carpet Bowling

Clarkson/Frank McKechnie/Huron Park

A membership for the Clarkson Seniors' Association is only \$10 a year. Join now to participate in a variety of fun activities including day trips and special events.

Silver Lining Filipino Seniors

1st and 3rd Saturdays of the month,
1:00 p.m.–4:00 p.m.
Estelito Cruz, 905-712-1205

New Drop-in Older Adult Programs in the GYM:

Basketball, Mondays 9:30 a.m.–11:30 a.m.
Basketball, Fridays 9:30 a.m.–11:30 a.m.
Volleyball, Tuesdays, 9:30 a.m.–11:30 a.m.

Frank McKechnie Community Centre

310 Bristol Road East, 905-615-4660

Older Adult Activity Group

Table Tennis, Badminton,
Tues, 1:30 p.m.–4:00 p.m.
Wed, 12:30 p.m.–3:00 p.m.

Krish Mehta, 905-507-1988

Chinese Older Adult Group

Dancing & Tai Chi
Thurs, 9:30 a.m.–11:30 a.m.
Conversation Fri, 1:00 p.m.–4:00 p.m.

Huron Park Recreation Centre

830 Paisley Blvd. W., 905-615-4820

Huron Park Older Adult Activity Schedule

Older Adult Fitness Memberships available at Community Centres.

See page 138 for details.

Monday:

10:30 a.m., Drop-in Mind, Body and Core Strength
12:45 p.m.–3:00 p.m., Bridge Club—
New players welcome!
1:00 p.m.–2:15 p.m., Drop-in Tai Chi Qigong

Tuesday

9:15 a.m.–10:15 a.m., Drop-in Yoga Fit
10:30 a.m., Drop-in Totally Toning
1:00 p.m.–3:00 p.m., Badminton

Wednesday

9:30 a.m.–10:30 a.m., Drop-in Therapeutic Body Movement
11:30 a.m.–12:30 p.m., Drop-in Osteo-Fitness

Thursday

10:00 a.m., Drop-in Totally Toning

Friday

10:30 a.m.–11:30 p.m., Drop-in Yoga Fit
11:30 a.m.–12:30 p.m., Drop-in Chair-ercise
1:15 p.m.–2:15 p.m., Drop-in Tai Chi
Call Community Centre for Fall/Winter Schedule.

Sweet Success Program

Huron Park Fitness Centre and Trillium Diabetes Management Centre offer a one-hour fitness class designed specifically for people with diabetes. The participants are encouraged to work at their own pace working through a variety of exercises for increased health benefits. The program is called "Sweet Success" and the Trillium Health Centre's Diabetes Management Centre is the starting point to be referred to the classes. Call 416-521-4081.

Class Time:

Monday–2:00 p.m.–3:00 p.m.
Wednesday–6:30 p.m.–7:30 p.m.
Thursday–2:00 p.m.–3:00 p.m.



Cawthra CC Older Adult Volleyball players.

Day Excursions

Interesting Bus Trips planned. If you would like to be on the mailing list, call 905-615-4820.

Indoor Bocce & Social Club

Monday-Thursday 1:00 p.m.-4:00 p.m.

For more information, call Nick Litterio at 905-279-5076 for more information.

Huron Park offers Therapy pool programs.

See page 64 for details.

Malton Community Centre

3540 Morning Star Dr., 905-615-4640

Malton Seniors, Club 231

Mrs. Susie McCoy, 905-677-2909

Tuesday

9:30 a.m.-11:30 a.m., Whist

1:00 p.m.-4:00 p.m., Euchre

Wednesday

9:00 a.m.-12:00 p.m., Bid Euchre

Thursday

1:00 p.m.-4:00 p.m., Cribbage

7:00 p.m.-10:00 p.m., Meeting/Activity
(2nd & 4th Thurs)

Malton Italian Seniors**Men's**

Monday-Fri 12:00 p.m.-4:30 p.m.,

Cards/social activities

Mr. Dominico Piccinini, 905-672-9436

Women's

Wednesday, 12:15 p.m., Bingo

Mrs. Maria Cortese

Malton Senior Asians**Monday-Friday**

1:00 p.m.-4:30 p.m., Cards/social activities

Mr. Piara Singh Toor, 905-677-2909

Malton Senior Friendship Drop-in

Tuesday, 9:00 a.m.-12:00 p.m.. Activities include bingo, carpet bowling, socializing, exercise and occasional trips.

Sylvia Hanson, 905-672-1995

Malton Senior Multicultural Assoc.

Saturday, 1:00 p.m.-4:00 p.m.

Mr. Hasan Mohammad Khan, 905-612-0646

Malton Caribbean Seniors

Monday, 1:30 p.m.-3:30 p.m.

Cards and socializing

Malton Neighborhood Services, 905-677-6270

Malton Aqua Fitness

Call Malton Information, 905-615-4640

Malton Senior Line Dancing

Wednesday, 9:30 a.m.-11:30 a.m., \$2/visit

William Murray, 905-455-0773

Meadowvale Community Centre

6655 Glen Erin Dr., 905-615-4710

Meadowvale Seniors' Social Club

Lois Jordann, 905-858-0817

Monday

12:30 p.m.-3:30 p.m., Fixed Partner Bridge

1:00 p.m.-3:00 p.m., Carpet Bowling

Tuesday

10:00 a.m.-11:30 a.m., Line Dancing

1:00 p.m.-3:30 p.m., Crafts/Euchre

Wednesday

12:00 p.m.-4:00 p.m., Bingo & Snooker

Thursday

12:00 p.m.-4:00 p.m., Bridge & Cribbage

Friday

12:00 p.m.-4:00 p.m., Euchre & Bridge

Mississauga Valley/River Grove/South Common

Mississauga Valley Community Centre
1275 Mississauga Valley Blvd., 905-615-4670

Filipino Seniors of Mississauga
Ching Quejas, 905-275-1372

Wednesday

5:00 p.m.–8:00 p.m., Choir, Bingo, Folk Dancing

Saturday

11:00 a.m.–5:00 p.m., Weekly Meeting, Crafts, Social

Mississauga Italian Canadian Seniors
Giuseppe Sciortino, 905-890-3648

Monday–Friday

1:00 p.m.–4:00 p.m., Cards, Bingo

Mississauga Valley Seniors
Ernie Searle, 905-848-9212

Tuesday

1:00 p.m.–4:00 p.m., Cards, Carpet Bowling

Wednesday, Friday

1:30 p.m.–3:30 p.m., Badminton

Casa de los Abuelos

Antonio Perello, 905-290-9128

Sunday

2:00 p.m.–5:00 p.m., Social

River Grove Community Centre
5800 River Grove Ave., 905-615-4780, ext. 2319

For more information about Gentle Aqua Fitness, see page 46.

River Grove Seniors' Friendship Club
905-615-4780, ext. 2319

A place for all to enjoy!

Monday

10:00 a.m.–12:00 p.m., Carpet Bowling
12:45 p.m.–3:30 p.m., Badminton
1:15 p.m.–2:15 p.m., Fitness

Tuesday

9:30 a.m.–12:30 p.m., Ping Pong
12:45 p.m.–3:45 p.m., Cards (Bridge, Euchre)

Wednesday

10:00 a.m.–11:00 a.m., Yoga (10-week program)
11:15 a.m.–12:15 p.m., Ballroom Line Dancing (10-week program)
12:45 p.m.–3:45 p.m., Crafts, Cribbage
12:30 p.m.–3:30 p.m., Badminton
1:15 p.m.–2:00 p.m., Fitness

Thursday

8:30 a.m.–10:00 a.m., Clogging
9:30 a.m.–11:30 a.m., Pickleball
10:00 a.m.–11:00 a.m., Line dancing
11:30 a.m.–12:15 p.m., Tai Chi
12:30 p.m.–3:30 p.m., Ping Pong
1:00 p.m.–3:00 p.m., Bingo

Friday

10:00 a.m.–12:00 p.m., Ballroom Dancing
1:15 p.m.–2:15 p.m., Fitness
Casino Rama and other trips monthly.

River Grove South Asian Seniors

Cards and Socializing:
Monday–Friday, 1:00 p.m.–4:00 p.m.

South Common Community Centre
2233 South Millway, 905-615-4770

Credit Valley Seniors' Club

For more information, call 905-615-4770, ext. 2267.

Please join us and participate in the following activities:

Monday

9:15 a.m.–10:15 a.m., Chair-Ercise
10:30 a.m.–11:30 a.m., Osteoporosis Fitness
11:45 a.m.–1:15 p.m., Carpet Bowling
2:30 p.m.–3:30 p.m., Beginner Line Dancing

Tuesday

10:30 a.m.–11:30 a.m., Keep Fit
12:45 p.m.–3:45 p.m., Shuffleboard

South Common/Streetsville Kinsmen and Senior Citizens' Centre/Next Step

Wednesday

10:30 a.m.–11:30 a.m., Chair-Ercise
1:00 p.m.–3:30 p.m., Club Meeting & Social
(1st & 3rd of each month)

Thursday

9:00 a.m.–10:00 a.m., Keep Fit
10:15 a.m.–11:45 a.m., Line Dancing
1:00 p.m.–3:30 p.m., Social Cards (Bridge, Euchre)

Friday

1:00 p.m.–3:00 p.m., Bingo, Table Tennis and Games.

Please check the bulletin board for various day trips scheduled through the Credit Valley Seniors' Club.

Please Note: Seniors Pickle Ball activity is scheduled every Tuesday from 1:00 p.m.–3:30 p.m.

Streetsville Kinsmen and Senior Citizens' Centre
327 Queen St. S.

Streetsville Seniors Club

Hasel Dalgleish, 905-542-3723

Have fun and participate in the following activities:

Tuesday

11:30 a.m., Line Dancing
1:45 p.m., Bias Carpet Bowling

Wednesday

1:30 p.m., Club Meetings (1st, 3rd)

Thursday

11:00 a.m., Bridge and Euchre

Other Special events: Seasonal Euchres, Festive Dinners and Various Bus Trips are planned throughout the year.

Next Step to Active Living



A Stepping Stone to a Healthy Active Lifestyle

Next Step to Active Living, a therapeutic recreation program offers a supportive environment for adults aged 21 and over with acquired physical disabilities. The program offers opportunities to develop independence through various recreation and leisure activities while improving physical, social, emotional and mental well-being.

Offered at South Common CC and Huron Park RC. A modest fee is charged per session.

For more information, call 905-615-4770, ext. 2279 or visit www.mississauga.ca/nextstep

RECREATION AND PARKS

ACTIVE GUIDE

Visit your local community centre or library for copies of the Active Mississauga Guide or visit connect2rec at: www.mississauga.ca/rec&parks

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