

Older Adult



Nordic Walking at the Mississauga Seniors' Centre.

Older Adult Services

Mississauga has many opportunities for older adults to stay active and healthy. The Community Services Department has 8 Community Centres that promote active Seniors Clubs and programs in each of their communities. Recreation and Parks also operates the Mississauga Seniors' Centre, a Community Centre for persons 60 years and older and liaises with the Square One Older Adult Centre which is now open to older adults 50 years and older.

Check out the many programs for Seniors in this section as well as the variety of Fitness/Active Living programs throughout this section.

Changing the way we age

We can change the way we age by staying active, to the fullest extent possible, within all areas of life: physical, spiritual, emotional, intellectual, professional and social. Aging within these dimensions of wellness keeps us involved, alert and enjoying a productive life.

Active Aging

The concept of active aging is summed up in the phrase "engaged in life." Individuals can participate in life as fully as possible, regardless of socio-economic status or health conditions.

What is Active Living?

Active Living is about making physical activity a part of your everyday life whether you're at home, work, school or play. Try to be active for one hour every day. For starters, add up to 10 minutes of activity at a time throughout the day until you reach this goal.

You can do it—Getting started is easier than you think.

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can—get off the bus early, use the stairs instead of the elevator
- Reduce inactivity for long periods, like watching TV
- Get up from the couch and stretch and bend for a few minutes every hour
- Play actively with your grandkids
- Start with a 10 minute walk—gradually increase the time
- Find out about walking and cycling paths nearby and use them
- Try a fitness class (at the Seniors' Centre or local Community Centre)

The Benefits of Regular Physical Activity:

- Reduces the risk of heart disease & developing high blood pressure
- Reduces the risk of developing diabetes
- Helps reduce blood pressure in people who already have high blood pressure
- Reduces the risk of developing colon cancer
- Reduces feelings of depression and anxiety
- Helps control weight and maintain healthy bones, muscles, and joints
- Helps older adults become stronger and better able to move about without falling

District 20, Mississauga Senior Games/Mississauga Seniors' Centre

What we have to offer you...

The Mississauga Seniors' Centre and Square One Older Adult Centre offer a wide selection of exercise classes specifically designed for older adults.

Here is a sample of some of our programs: Yoga Gentle Joint & Stretch, OsteoFit, Nordic Walking, Functional Fitness, Co-ed Fitness, Fit Fellows, Chair-exercise, On the Ball, Tai Chi, Jazz Fitness, Line Dancing, Ballroom Dancing & much more.

Next Step to Active Living Program...

A Stepping Stone to a Healthy Active Lifestyle

Offering adults with acquired physical disabilities the opportunity to develop skills towards independence through participation in various leisure and recreation activities. Offered at South Common CC and Huron Park RC.

Call 905-615-4770, ext. 2279 for more details or visit www.mississauga.ca/nextstep

Badminton, Bocce, 5 Pin Bowling, Carpet Bowling, Contract or Duplicate Bridge, Cribbage, Euchre, Cycling, Darts, Golf, Horseshoes, Lawn Bowling, Scrabble, Shuffleboard, Skating, Swimming, Table Tennis, Tennis, Volleyball, Walking, Whist & more.

Every event is organized by seniors with the assistance of Mississauga Recreation & Parks.

More detailed information will be available at all Community Centres and Libraries or call:

- Mississauga Seniors' Centre, 905-615-4810

If you would like to have a representative from the Senior Games Committee come out and speak to your Group about how to get involved, please call the Centre at the above number.

Mississauga Seniors' Centre

1389 Cawthra Rd., 905-615-4810

www.mississauga.ca/seniors

Centre Operating Hours:

Monday–Friday, 8:30 am–4:30 pm

Saturdays, 9:00 am–12:00 noon

Sundays, 1:00 pm–5:00 pm

Centre Closures: All holiday weekends (Please check Centre newsletter for Holiday Hours and Closures)

Location

The centre is located on Cawthra Rd. at Arbor Rd. south of the Queen Elizabeth Highway, beside the Cawthra Community Centre and Arena. For bus transportation, take Mississauga Transit bus route #8.

Yearly Membership

The yearly membership fee entitles you to participate in the many activities, programs, special events, day trips and services at the centre. Membership is available to residents 60 years of age and older (spouses may be 55). The 2008 membership fee is \$22.75 for residents and \$27.75 for qualifying non-residents. Membership is valid for one year from the date of purchase. Additional fees are charged for participation in activities, programs, special events, day trips and services.

District 20, Mississauga Senior Games



Senior Games Badminton

"55+ Friendly Senior Games"

Providing enjoyable, healthful, physical and mental exercise for residents aged 55 years and over.



Experience the spirit of friendly competition and the thrill of victory by registering for one or more of the following Senior Games Events:

Volunteer Opportunities for Members

Volunteers at the Mississauga Seniors' Centre are also members of the Centre. No experience necessary. Volunteer opportunities are available in the following areas:

- Activity Leader
- Garden Café
- Library
- Office Reception
- Senior Games Executive Committee
- Special Events Committee
- Golf Club Committee
- Computer programs

For more information, call 905-615-4810.

Special Events

Are you looking for some great fun? Come single, with a friend or as a couple.

Black Tie Extravaganza, Christmas Dinner & Luncheon, Variety Show & more.

Day Trips—Enjoy a day out with friends to various hotspots in the GTA and south Ontario areas.

Our fabulous trips are so popular that we have waiting lists! Check out our newsletters, trip flyer and website for details on the Fall & Winter excursions—Trips scheduled include: Apple Orchard, Day in Niagara, Christmas Lights Tours. www.mississauga.ca/seniors

Garden Café—Affordable lunch with friends every day

Operates Monday–Friday from 9:00 am–1:15 pm. Delicious items for you to enjoy including soup, sandwiches, muffins, pastries, tea, coffee, juice and more. (Please note: Cafe closed during holidays.)

Activities—Over 40 Activities to choose from

The Centre is host to a wide variety of activities for every interest going. We have shuffleboard, art club, euchre, bridge, whist, mah jongg, poets and writers, canasta, bingo, bid-euchre, dancing, table tennis, bias bowls, ceramics, snooker (Pool Room), cribbage, pickle ball, badminton, horseshoes, computer club, digital imaging and more!

Mississauga Walks

Join the Mississauga Seniors' Centre Walking Club and be a part of this city-wide initiative to encourage people who live, work and play in Mississauga to add walking to their daily routine. The Club walks at the climate controlled Cawthra CC's indoor walking track. So count yourself in!

Cawthra Seniors Golf Club

Are you interested in joining a mixed Golf Club for golfers over 55 years and older? Club plans are underway for the 2009 season for both 9 hole and 18 hole golfing. For more formation, call Carol at 905-819-8145.

Volleyball Co-Ed (Age 55 years +)

If you still have some mobility and enjoy team sports, get out and get involved in a fun volleyball program. We can teach you the skills. You supply the effort and enthusiasm. We play regular 6 against 6 volleyball, in an excellent indoor facility and welcome beginners. For more information, call John Rozenberg at 905-891-5396.

Computer Lessons for Seniors

Beginners are welcome! Enjoy life-long learning with our computer courses specially designed for Seniors. Lesson offered in Microsoft Windows & Word, Email, Internet and Picasa. Call 905-615-4810 for details.

Seniors' Clubs at the Centre

Lakeview Club

Meetings are every first and third Thursday of each month at 1:15 pm.

Contact: Dorelle Boyes, 905-278-4409

55 Plus Goan Association—West GTA

Contact: Juliet Rebello, 905-276-7890

Room Rentals

Having a special celebration? Various rooms are available to rent. For more information, call 905-615-4810.

Mississauga Seniors' Centre

Registered Programs

Our programs are now on the CLASS registration system which means you can now register on-line, Touch Tone Registration, or at any community centre provided you have a current Seniors Centre Membership.

Fall programs begin the week of Sept. 20th. Winter programs begin the week of Jan 10th. Register in person during regular Centre office hours, fill out a registration form and drop it off in the blue program registration box in the Centre lobby.

Please note: Programs with insufficient registration one week prior to the start of each session will be cancelled. If you require more information, drop by the office or call 905-615-4810.

Ballroom Dancing for Seniors—Level 1

Learn a variety of dances such as the Waltz, Cha Cha, Rumba, Tango, Fox Trot and much more. An enjoyable way to workout, have fun and learn new dance skills. Hard soled, nonrigid shoes are recommended. As a partner cannot be guaranteed, suggested that you register with a partner.

Age: 60Y and up **Fee: \$44.04** **Classes: 12**

START	TIME	DAY	CODE
Sep 23	2:45 pm-4:15 pm	Tu	439824

Age: 60Y and up **Fee: \$33.75** **Classes: 9**

START	TIME	DAY	CODE
Jan 13	2:45 pm-4:15 pm	Tu	439860

Fit Fellows

An all-round fitness and strength training class specifically designed for the more active participant. Includes cardio, low impact aerobic exercises and comraderie for an invigorating workout. We supply hand weights and exercise mats.

Age: 60Y and up **Fee: \$39.84** **Classes: 12**

START	TIME	DAY	CODE
Sep 22	10:30 am-11:30 am	M	439828
Sep 26	10:30 am-11:30 am	F	439829

Age: 60Y and up **Fee: \$29.88** **Classes: 9**

START	TIME	DAY	CODE
Jan 12	10:30 am-11:30 am	M	439863
Jan 16	10:30 am-11:30 am	F	439862

Forever Fit-Ladies

Designed for the more active participant, this class focuses on complete conditioning of the whole body through controlled stretching and gentle movement equivalent to low impact cardio exercise and muscle strengthening. Light hand weights and exercise mats used.

Age: 60Y and up **Fee: \$39.84** **Classes: 12**

START	TIME	DAY	CODE
Sep 22	9:30 am-10:30 am	M	439831
Sep 26	9:30 am-10:30 am	F	439832

Age: 60Y and up **Fee: \$29.88** **Classes: 9**

START	TIME	DAY	CODE
Jan 12	9:30 am-10:30 am	M	439866
Jan 16	9:30 am-10:30 am	F	439865

Full Functional Workout for Seniors

This class is perfect for both beginner and more active participants and is excellent to assist recovery from an injury. Often our muscles are not performing the job they were designed to do causing muscle tightness, overwork or muscle weakness. The instructor is a Certified Movement Analyst who will get you moving properly and ready for an exercise program with unique resistance work and correct stretching techniques. This class replaced 3-D Workout-Basics.

Age: 60Y and up **Fee: \$39.84** **Classes: 12**

START	TIME	DAY	CODE
Sep 22	10:00 am-11:00 am	M	439833

Age: 60Y and up **Fee: \$29.88** **Classes: 9**

START	TIME	DAY	CODE
Jan 12	10:00 am-11:00 am	M	439867

Please Note: A valid Mississauga Seniors' Centre Membership is required to register for these programs.

Gentle Joint & Stretch

If you have balance or weight bearing difficulties, arthritis or osteoporosis, this class is for you! Low intensity exercise program seated or standing behind a chair. Use light weights and exercise tubing to strengthen the muscles needed for daily activities and develop flexibility and balance to prevent falls.

Age: 60Y and up		Fee: \$39.84	Classes: 12
START	TIME	DAY	CODE
Sep 26	11:00 am-12:00 pm	F	439835
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 16	11:00 am-12:00 pm	F	439869

Happy Tappers—Intermediate/Advanced

Fun and exercise for experienced tap dancers. Learn the steps and put them together to snappy routines performed to popular music from the past and present. Tap dance shoes required.

Age: 60Y and up		Fee: \$39.84	Classes: 12
START	TIME	DAY	CODE
Sep 26	10:00 am-11:00 am	F	439836
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 16	10:00 am-11:00 am	F	439870

Jazz Fitness for Seniors

A fitness program that's not intimidating, just invigorating! This active workout combines moderate exercise with jazz dance moves. Learn dance routines to lively music as you improve your strength, balance and flexibility.

Age: 60Y and up		Fee: \$43.16	Classes: 13
START	TIME	DAY	CODE
Sep 23	12:00 pm-1:00 pm	Tu	439837
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 13	12:00 pm-1:00 pm	Tu	439871

Keep Fit for Bones—Level 1

A gentle and fun fitness class geared to those who have Osteoporosis or to prevent it. Light cardio, stretching and weight bearing exercises will build bones and muscle strength. Guaranteed to make you stronger and more flexible. Do it for fun, do it for your bones!

Age: 60Y and up		Fee: \$43.16	Classes: 12
START	TIME	DAY	CODE
Sep 23	10:45 am-11:45 am	Tu	439838
Sep 25	10:45 am-11:45 am	Th	439839
Sep 25	12:00 pm-1:00 pm	Th	439840
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 13	10:45 am-11:45 am	Tu	439872
Jan 15	10:45 am-11:45 am	Th	439873
Jan 15	12:00 pm-1:00 pm	Th	439874

Keep Fit for Bones—Level 2

A low but intense workout for those who have taken Keep Fit for Bones—Level 1 classes. Light aerobic, stretching and weight bearing exercises will build bones and muscle strength. Your bones will thank you.

Age: 60Y and up		Fee: \$39.84	Classes: 12
START	TIME	DAY	CODE
Sep 23	9:30 am-10:30 am	Tu	439841
Sep 25	9:30 am-10:30 am	Th	439842
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 13	9:30 am-10:30 am	Tu	439875
Jan 15	9:30 am-10:30 am	Th	439876

Line Dancing for Seniors—Level 1

Line dancing is great physical and mental exercise. This low impact class incorporates rhythm, flexibility, memory, exercise and lots of laughter. Learn basic steps and combinations to a variety of music. No experience or partner necessary. For your safety, wear smooth bottom, soft soled shoes, not running shoes.

Age: 60Y and up		Fee: \$43.16	Classes: 12
START	TIME	DAY	CODE
Oct 1	9:45 am-10:45 am	W	439843
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 14	9:45 am-10:45 am	W	439878

Please Note: A valid Mississauga Seniors' Centre Membership is required to register for these programs.

Mississauga Seniors' Centre

On the Ball for Seniors

Exercise with a stability ball to strengthen your back, tone abdominal muscles and improve balance. Additional equipment will be used. A challenging and fun coed fitness class for the more active participant that will keep muscles stronger and increase range of motion.

Age: 60Y and up		Fee: \$43.16	Classes: 12
START	TIME	DAY	CODE
Oct 1	11:15 am-12:15 pm	W	439846
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 14	11:15 am-12:15 pm	W	439879

Square Dancing—Olde Tyme Beg/Int

Share good times and great music at this old time square dance class. Perfect for beginner and intermediate level participants and great exercise for the mind and body. Partner not required.

Age: 60Y and up		Fee: \$49.80	Classes: 10
START	TIME	DAY	CODE
Sep 26	9:30 am-11:00 am	F	439851
Age: 60Y and up		Fee: \$44.82	Classes: 9
START	TIME	DAY	CODE
Jan 16	9:30 am-11:00 am	F	439883

Tai Chi Qigong for Seniors—Level 1

A unique combination of Tai Chi moves with deep breathing exercises and slow meditative movements. Participants will feel an overall improvement in well being and balance of mind and body.

Age: 60Y and up		Fee: \$43.16	Classes: 13
START	TIME	DAY	CODE
Sep 24	10:30 am-11:30 am	W	439853
Age: 60Y and up		Fee: \$29.88	Classes: 9
START	TIME	DAY	CODE
Jan 14	10:30 am-11:30 am	W	439885

Trail Walk & Tone for Seniors

Walk safely with a qualified fitness instructor. Improve your over all health and walk some of the most beautiful trails in Mississauga.

Age: 60Y and up		Fee: \$19.92	Classes: 6
START	TIME	DAY	CODE
Sep 24	10:00 am-11:00 am	W	439856

Yoga Seniors

A unique combination of gentle stretches and strengthening exercises with breathing and relaxation techniques. Working with breath and awareness of movements, new and experienced participants will become stronger and more flexible with improved balance.

Age: 60Y and up		Fee: \$50.05	Classes: 13
START	TIME	DAY	CODE
Sep 23	9:30 am-11:00 am	Tu	439857
Sep 25	10:00 am-11:30 am	Th	439858
Age: 60Y and up		Fee: \$34.65	Classes: 9
START	TIME	DAY	CODE
Jan 13	9:30 am-11:00 am	Tu	439888
Jan 15	10:00 am-11:30 am	Th	439889

Osteoporosis Senior Class

This class is taught with consideration for those with reduced bone density and limited joint mobility. Class format will include a short low impact segment, weight resistance work and gentle stretching.

Age: 60Y and up		Fee: \$39.84	Classes: 12
START	TIME	DAY	CODE
Sep 24	9:00 am-10:00 am	W	439996

Please Note: A valid Mississauga Seniors' Centre Membership is required to register for these programs.



Square One Older Adult Centre
Square One Shopping Centre
 905-615-3207
www.sq1oac.com
 Email: squareoneoac@rogers.com

Public Drop-in Hours

Mon-Fri: 8:30 am-4:30 pm
 Sat: 9:00 am-4:00 pm

Location

The Square One Older Adult Centre is located on the lower level between The Bank of Montreal and The Bay. The Centre is a home base for older adult activity groups and clubs. It is a place for older adults to participate in fun and stimulating activities and to meet new friends.

Yearly Memberships

Mississauga residents, 50 years of age and older (spouses may be younger than 50), are welcome to join the Centre at a cost of \$12 (\$14 for non residents) for the remainder of the 2008 calendar year. A participant fee (minimum \$1.50) is also charged for each visit to a program activity. Membership entitles you to participate in all activities, including:

Weekly Programs

Our seasonal brochure details our many programs available. A full complement of Fall programs will start Sept. 8th, 2008. Most programs are pay-as-you-go and on-going. The following is a list of the regular weekly programs offered at Square One Older Adult Centre.

Note: Fall Program Registration begins, Aug. 25th, 2008.

Fitness/Active Programs

Chair-ercise, Fitness classes, Table Tennis, Stretch & Strengthen, Mall Walkers and Exercise Bike.

Dance Classes

Line Dancing: Traditional and Western (Beginner and Intermediate), Belly Dancing, Jazz Dancing, Tap Dancing, Square Dancing and Ballroom Dancing.

Bingo

Monday and Wednesday afternoons.

Card Games

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

Educational

Sensible Living, Creative Writing, Language Course, Red Hat Society, Gardeners Circle, TOPS Weight Loss program and Travelogue.

Music, Arts & Crafts

Craft Workshops, Bunka Embroidery, and Watercolour Painting.

Games

Chess and Dominos.

Mind, Body & Soul

Meditation, Taoist Tai Chi, Foot Care, Yoga and Pilates.

Special Events

The Centre hosts many special events each year. The special events committee plans special bingos, dances and Broadway shows. Upcoming Events: Wine Tasting, 50's Flashback Musical, Scarioke, Diwali Celebration, Remember When, Christmas Lunch and Dance and New Years Eve Party.

Bus Trips

Monthly day trips are planned by the Movers and Shakers Travel Committee. Trips are reasonably priced and may include trips to the theatre, sight seeing excursions, boat cruises and Casinos. For more information, call 905-615-3208, Monday-Friday, 9:30 am-1:30 pm.

Cozy Corner Café

The Café is staffed by friendly volunteers Monday-Friday, 9:30 am-1:30 pm. 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.

Square One Older Adult Centre/Burnhamthorpe

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 pm–5:00 pm

Contact Leon Eng, 905-507-2280

Silayan Filipino Seniors' Volunteer Group

Saturday, 12:00 pm–3:00 pm

Contact Admin Office 905-615-3207

Truque Circle

Contact Saby Carvalho, 905-281-1213

Multicultural Asian Seniors' Club of Mississauga

Monday and Wednesday, 12:30 pm–4:30 pm

Contact Mr. Gill, 905-507-4839

Elderly Vietnamese Association of Mississauga

Saturday, 12:45 pm–4:00 pm

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

Mississauga Caribbean Canadian Seniors

Saturday, 12:00 pm–3:00 pm

Contact Cynthia Houston 905-896-3765

Iranian Seniors

Wednesday, 1:00 pm–3:30 pm

Contact Admin Office, 905-615-3207

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 pm–10:00 pm, every Friday night. \$3/visit

Fred Bilasz, 905-270-5875

Seniors Card Club—55 Years and Over

7:30 pm–10:00 pm, every Thursday night. \$1.25/visit

Patricia Doyle, 905-624-0564

Iranian Seniors Socializing

Tuesdays, 10:00 am–2:00 pm

Pari Frardoubli, 905-277-3576

Mississauga Croatian Seniors Club

Cards, chess, socializing

Mon, Wed, Fri, 1:00 pm–4:00 pm

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 pm–4:00 pm

Nirwair Singh Sara, 905-890-1056

Learn and Live Friendship Club

Wednesday 1:00 pm–4:00 pm

(Pot Lucks, Bingo, Cards)

Mary, 905-624-6577

Burnhamthorpe Italian Seniors

Cards and socializing:

Monday–Friday, 1:00 pm–4:00 pm

Renato Conti, 905-615-4630

Drop-In Seniors Programs

Monday—starting Monday, Sept. 15th

10:00 am–12:00 pm

Seniors Skate at Burnhamthorpe (free)

Thursday

10:00 am–11:00 am Osteo Fitness*

(\$5.84/visit, \$24.10/5 visits)

Friday—starting Friday, Sept. 19th

10:00 am–12:00 pm

Seniors Skate at Burnhamthorpe (free)

Watch for NEW satellite programs to be offered in the community soon.

Locations & times coming your way

Clarkson Community Centre
2475 Truscott Dr., 905-615-4840

Clarkson Seniors Association Drop-In Programs

Monday

9:00 am–10:00 am, Fitness
10:15 am–11:15 am, Fitness
10:00 am–12:00 pm, Crafts
1:30 pm–3:30 pm, Carpet Bowling

Tuesday

10:00 am–12:00 pm, Quilting

Wednesday

9:00 am–10:00 am, Fitness
10:15–11:15 am, Fitness
1:00 pm–4:00 pm, Ballroom Dancing
1:00 pm–4:00 pm, Bridge
1:00pm–4:00 pm, Pickleball

Thursday

10:00 am–12:00 pm, Line Dancing
1:00 pm–3:00 pm, Euchre

Friday

9:00 am–10:15 am, Tai Chi
9:00 am–10:00 am, Fitness
10:15 am–11:15 am, Fitness
10:45 am–12:00 pm, Beginner Tai Chi
1:30 pm–3:30 pm, Carpet Bowling

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 pm–4:00 pm
Estelito Cruz, 905-712-1205

Huron Park Community Centre
830 Paisley Blvd. W., 905-615-4820

Huron Park Seniors Activity Schedule

Monday:

10:30 am, Mind, Body and Core Strength
12:45 pm–3:00 pm, Bridge Club—
New players welcome!
1:00 pm–2:15 pm, Tai Chi Qigong

Tuesday

9:15 am–10:15 am, Yoga Fit
10:30 am, Totally Toning
1:00 pm–3:00 pm, Badminton
1:00 pm–2:00 pm, Stretch & Stability

Wednesday

9:30 am–10:30 am, Therapeutic Body Movement
11:30 am–12:30 pm, Osteo-Fitness

Thursday

9:30 am–10:30 am, Drop-in Pilates
10:30 am, Totally Toning

Friday

10:30 am–11:30 pm, Yoga Fit
11:30 am–12:30 pm, Chair-ercise

Call Community Centre for Spring/Summer Schedule.

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 pm–4:00 pm

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

Huron Park offers Therapy pool programs.

See page 107 for details.

Malton/Meadowvale

Malton Community Centre
3540 Morning Star Dr., 905-615-4640

Malton Seniors, Club 231
Mrs. Susie McCoy, 905-677-2909

Tuesday

9:30 am–11:30 am, Whist
1:00 pm–4:00 pm, Euchre

Wednesday

9:00 am–12:00 pm, Bid Euchre

Thursday

1:00 pm–4:00 pm, Cribbage
7:00 pm–10:00 pm, Meeting/Activity
(2nd & 4th Thurs)

Malton Italian Seniors

Men's

Monday–Fri 12:00 pm–4:30 pm,
Cards/social activities
Mr. Dominico Piccinini, 905-672-9436

Women's

Wednesday, 12:15 pm, Bingo
Mrs. Maria Cortese

Malton Senior Asians

Monday–Friday

1:00 pm–4:30 pm, Cards/social activities
Mr. Piara Singh Toor, 905-677-2909

Malton Senior Friendship Drop-In

Tuesday, 9:00 am–12:00 pm. Activities include
bingo, carpet bowling, socializing, exercise and
occasional trips.

Sylvia Hanson, 905-672-1995

Malton Senior Multicultural Assoc.

Saturday, 1:00 pm–4:00 pm
Mr. Hasan Mohammad Khan, 905-612-0646

Malton Caribbean Seniors

Monday, 1:30 pm–3:30 pm
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 am–11:30 am, \$2/visit
William Murray, 905-455-0773

Meadowvale Community Centre
6655 Glen Erin Dri., 905-615-4710

Meadowvale Seniors' Social Club

Lois Jordann, 905-858-0817

Monday

12:45 pm–3:15 pm, Fixed Partner Bridge
1:00 pm–3:00 pm, Carpet Bowling

Tuesday

10:00 am–11:30 am, Line Dancing
1:00 pm–3:30 pm, Crafts/Euchre

Wednesday

12:00 pm–4:00 pm, Social Activities

Thursday

12:00 pm–4:00 pm, Bridge & Cribbage

Friday

12:00 pm–4:00 pm, Euchre & Bridge



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

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

Wednesday

5:00 pm–8:00 pm, Choir, Bingo, Folk Dancing

Saturday

11:00 am–5:00pm, Weekly Meeting, Crafts, Social

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

Monday–Friday

1:00 pm–4:00 pm, Cards, Bingo

Mississauga Valley Seniors
Ernie Searle, 905-848-9212

Tuesday

1:00 pm–4:00 pm, Cards, Carpet Bowling

Wednesday, Friday

1:30pm–3:30 pm, Badminton

Casa de los Abuelos
Antonio Perello, 905-290-9128

Sunday

2:00pm–5:00 pm, 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!

Spring Schedule

Monday

10:00 am–12:00 pm, Carpet Bowling

12:45 pm–3:30 pm, Badminton

1:15 pm–2:15 pm, Fitness

Tuesday

9:30 am–12:30 pm, Ping Pong

12:45 pm–3:45 pm, Cards (Bridge,Euchre)

Wednesday

10:00 am–11:00 am, Yoga (10–week program)

11:15 am–12:15 pm, Ballroom Line Dancing
(10–week program)

12:45 pm–3:45 pm, Crafts, Cribbage

12:30 pm–3:30 pm, Badminton

1:15 pm–2:00 pm, Fitness

Thursday

8:30 am–10:00 am, Clogging

9:30 am–11:30 am, Pickleball

10:00 am–11:00 am, Line dancing

11:30 am–12:15 pm, Tai Chi

12:30 pm–3:30 pm, Ping Pong

1:00 pm–3:00 pm, Bingo

Friday

10:00 am–12:00 pm, Ballroom Dancing

1:15 pm–2:15 pm, Fitness

Casino Rama and other trips monthly.

River Grove South Asian Seniors

Cards and Socializing:

Monday–Friday, 1:00 pm–4:00 pm

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 am–10:15 am, Chair-Ercise

10:30 am–11:30 am, Osteoporosis Fitness

11:45 am–1:15 pm, Carpet Bowling

Tuesday

10:30 am–11:30 am, Keep Fit

12:45 pm–3:45 pm, Shuffleboard

South Common/Streetsville Kinsmen and Senior Citizens' Centre

Wednesday

10:30 am–11:30 am, Chair-Erercise
1:30 pm–3:30 pm, Club Meeting & Social
(1st & 3rd of each month)

Thursday

9:00 am–10:00 am, Keep Fit
10:15 am–11:45 am, Line Dancing
1:00 pm–3:30 pm, Social Cards (Bridge, Euchre)

Friday

1:00 pm–3:00 pm, Table Tennis, Games and Crafts

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 pm–3:30 pm.

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

Streetsville Seniors Club

Hasel Dalglish, 905-542-3723

Have fun and participate in the following activities:

Tuesday

12:30 pm, Line Dancing
1:45 pm, Bias Carpet Bowling

Wednesday

Club Meetings (1st, 3rd)

Thursday

12:30 pm, Bridge and Euchre

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

Because your neighbourhood should be a nice, clean spot!



Get your students, school or group to adopt a local street or park

Join others who have registered their commitments for 6 litter cleanups over 2 years. We provide training and equipment, and your group will receive a Mayoral Certificate.

For more LitterNot information please call 905-896-5056

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litter's a lot... **Litter not**

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