

# *Get Outside*

## *Guide for Older Adults*



**Discover new experiences and plan memorable summer outings in your community.**

Imagine the possibilities!

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# Activity Planner

Mississauga is home to over 500 parks and outdoor recreation amenities, including multi-use trails, sport courts and fitness areas. The Get Outside Guide features free program activities and destinations to help you make the most of your summer!

Check the forecast and dress appropriately for your visit. Remember to bring water, snacks, sunscreen, medications, emergency supplies, and healthcare documents.

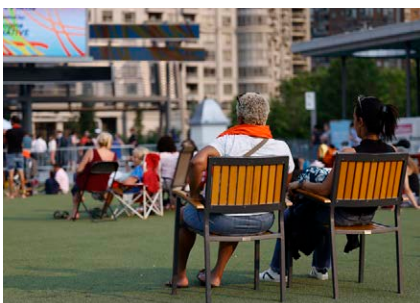
To speak with our Customer Service Team call 311.  
If there is an emergency call 911.



## Walking, Hiking and Biking Trails

Stroll along charming paths, surrounded by the sights and sounds of nature. Or enjoy the city's cycling network and free community rides, with safe and scenic routes including multi-use trails, park paths, and dedicated bike lanes.

[mississauga.ca/parktrail](https://mississauga.ca/parktrail)  
[mississauga.ca/cycling](https://mississauga.ca/cycling)



## Outdoor Events & Programs

Enjoy outdoor events and programs all summer long, including festivals, fitness programs, farmer's markets and more at Mississauga Celebration Square. Check out the events calendar for upcoming events at all facilities, parks and outdoor venues across the city.

[mississauga.ca/events-and-attractions](https://mississauga.ca/events-and-attractions)



## Outdoor Fitness Areas

Stay active while enjoying the fresh air with free outdoor fitness equipment. Designed for all ages and abilities, these fitness hubs feature easy-to-follow instructions for a safe and enjoyable workout.

[mississauga.ca/outdoorfitness](https://mississauga.ca/outdoorfitness)



## Outdoor Pools

Experience a refreshing swim in one of Mississauga's outdoor pools. It's the perfect place to unwind or stay active, and a 65+ Fit membership gives you free access to lane swims! Before you go, check the pool hours and view the public swim times.

[mississauga.ca/swimming](https://mississauga.ca/swimming)



## Golf

Enjoy a dynamic golfing experience at two beautiful Mississauga golf courses: BraeBen and Lakeview. Residents who provide photo ID and proof of address get a bonus 5% discount on green fees and can book a tee time online one hour earlier than non-residents.

[mississauga.ca/golf](https://mississauga.ca/golf)



## Bookable Picnic Areas

Whether you are planning a large gathering (25+) or small get together, we have options for booking a park picnic area. Sites are available with accessible seating, and discounted rental rates are available for organizations in the Community Group Registry Program.

Call 905-615-4100 extension 2, or visit [mississauga.ca/picnic](https://mississauga.ca/picnic)



## Parks and Natural Areas Volunteer Opportunities

Get involved with maintaining Mississauga's parks, trails, and gardens through various volunteer programs, with supplies provided by the city.

[mississauga.ca/parks](https://mississauga.ca/parks)

[mississauga.ca/parkvolunteer](https://mississauga.ca/parkvolunteer)

# Map of South-East Mississauga



## Bookable Picnic Areas

6

### Lakefront Promenade

800 Lakefront Promenade  
Amenity highlights: Waterfront Pathway,  
Sand Beach, Volleyball Court

9

### Mississauga Valley

1275 Mississauga Valley Blvd.  
Amenity highlights: Pickleball,  
Bocce and Tennis Court, Disc Golf,  
Beach Volleyball, Community Garden,  
Outdoor Fitness Area and more.

## Community Centres

1

### Burnhamthorpe Community Centre

1500 Gulleden Dr.  
905-615-4630

2

### Carmen Corbasson Community Centre

1399 Cawthra Rd.  
905-615-4800

11

### Mississauga Seniors' Centre

1389 Cawthra Rd.  
905-615-4810

12

### Mississauga Valley Community Centre

1275 Mississauga Valley Blvd.  
905-615-4670

## Outdoor Pools

1

### Applewood Heights Outdoor Pool

3119 Constitution Blvd.  
905-615-4019

3

### Don McLean Westacres Outdoor Pool

2166 Westfield Dr.  
905-615-4288

6

### Lions Club of Credit Valley Outdoor Pool

20 Rosewood Ave.  
905-615-4830

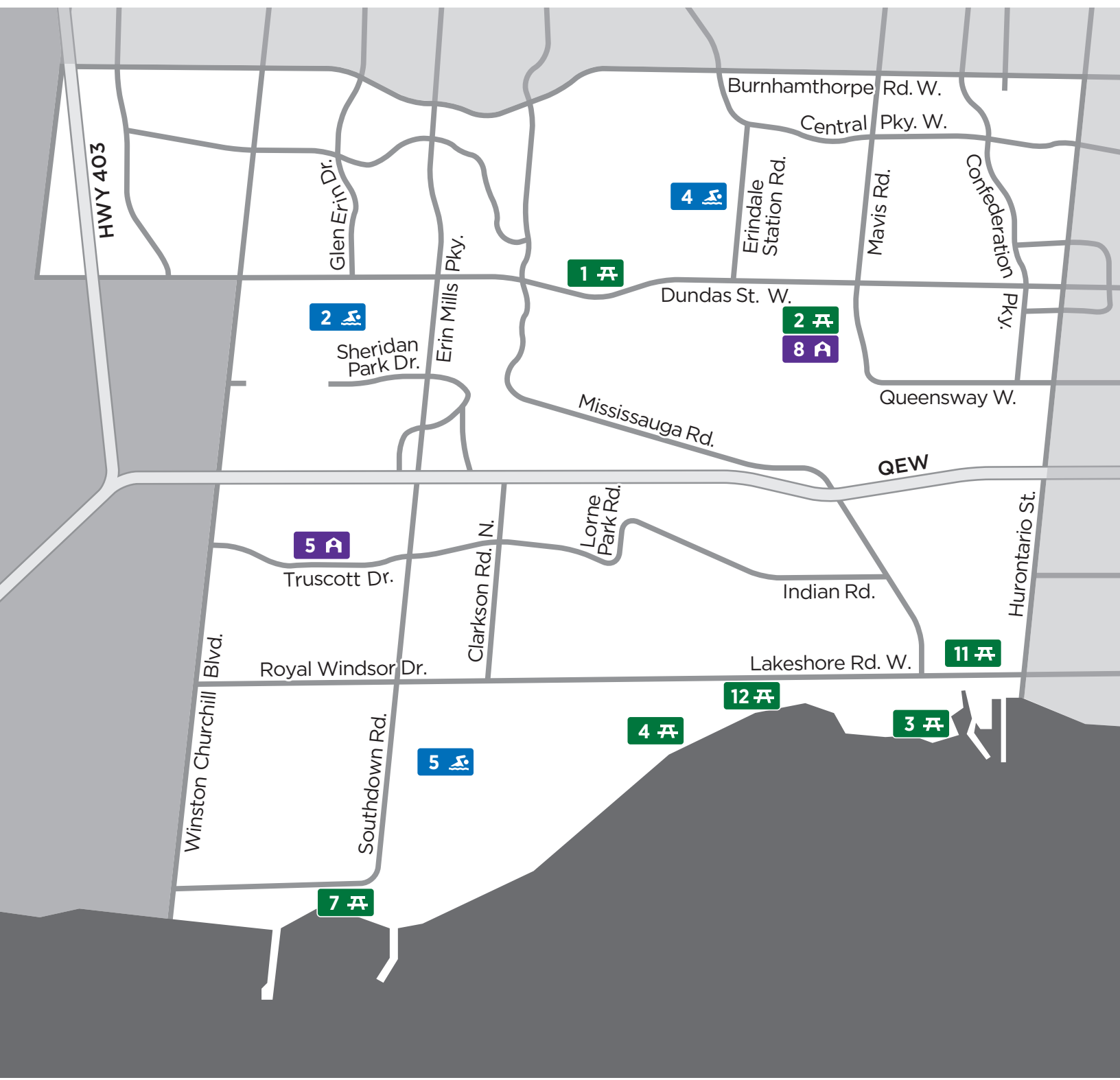
## Golf Courses

2

### Lakeview Golf Course

1190 Dixie Rd.  
905-615-4653

# Map of South-West Mississauga



## Bookable Picnic Areas

**1**

### **Erindale Park**

1695 Dundas St. W.

Amenity highlights: Shade Structure

**2**

### **Huron Park**

830 Paisley Blvd. W.

Amenity highlights: Multi-Pad, Shade Structure, Bocce Court, Beach Volleyball.

**3**

### **J.C. Saddington Park**

53 Lake St.

**4**

### **Jack Darling Memorial Park**

1180 Lakeshore Rd. W.

Amenity highlights: Leash-Free Zone

**7**

### **Lakeside Park**

2268 Lakeshore Rd. W.

Amenity highlights: Leash-Free Zone

**11**

### **Port Credit Memorial Park**

40 Lakeshore Rd. E.

Amenity highlights: Multi-Pad

**12**

### **Richard's Memorial Park**

804 Lakeshore Rd. W.

## Community Centres

**5**

### **Clarkson Community Centre**

2475 Truscott Dr.

905-615-4840

**8**

### **Huron Park Recreation Centre**

830 Paisley Blvd. W.

905-615-4820

Amenity highlights: Outdoor Beach Volleyball Courts

## Outdoor Pools

**2**

### **David Ramsey Outdoor Pool**

2470 Thorn Lodge Dr.

905-615-4549

**4**

### **Erindale Outdoor Pool**

1244 Shamir Cres.

905-896-5503

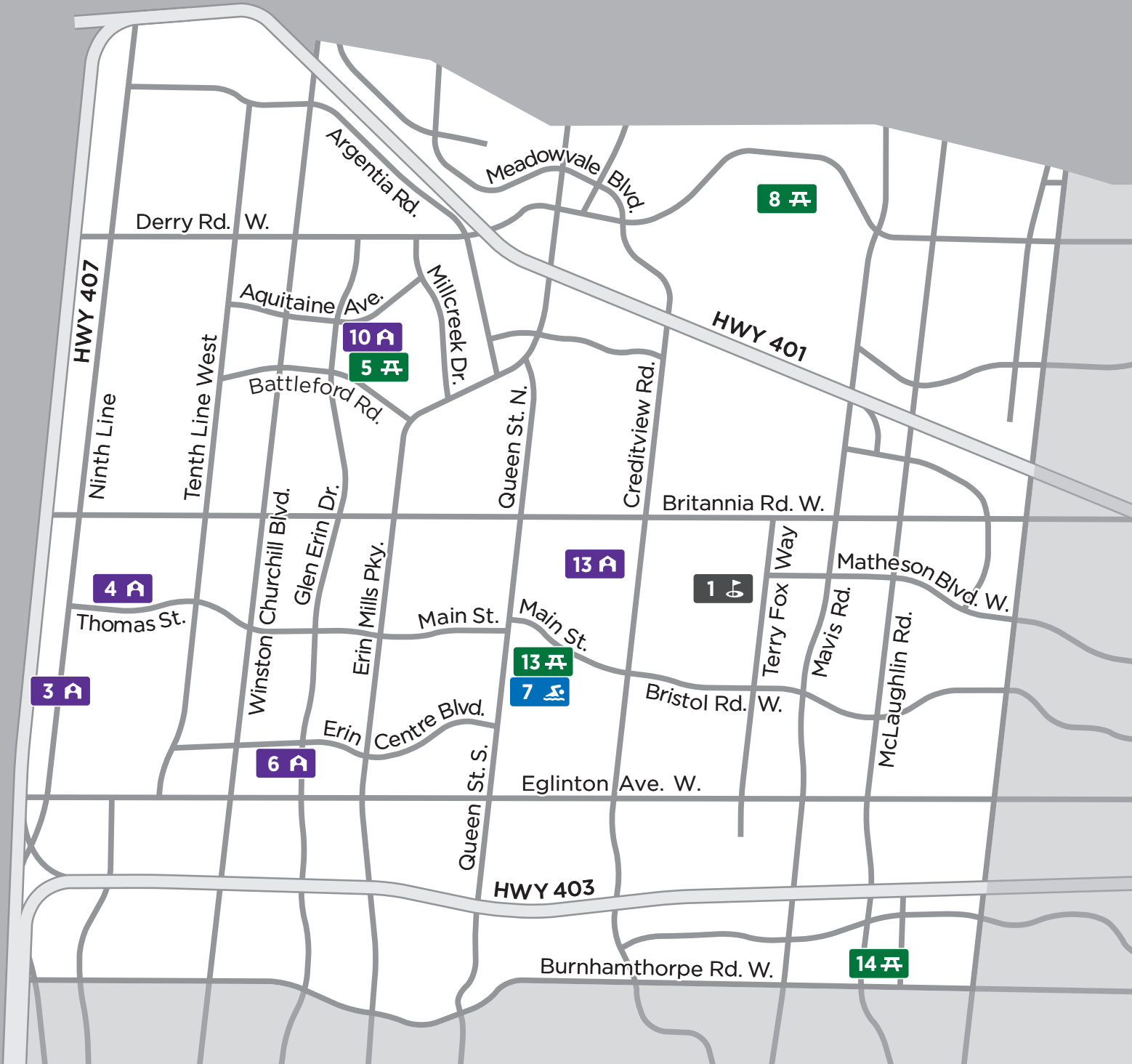
**5**

### **Lewis Bradley Outdoor Pool**

745 Inverhouse Dr.

905-615-4354

# Map of North-West Mississauga



## Bookable Picnic Areas

5

### Lake Aquitaine Park

2750 Aquitaine Ave.

Amenity highlights: Outdoor Fitness Area, Multi-Pad, Disc Golf, Shade Structure

8

### Meadowvale Conservation Area

1081 Old Derry Rd.

13

### Streetsville Memorial Park

355 Church St.

14

### Community Common

355 Princess Royal Dr.

## Community Centres

3

### Churchill Meadows Community Centre and Mattamy Sports Park

5320 Ninth Line

905-615-4701

Amenity highlights: Multi-Purpose Court, Outdoor Fitness Equipment, Walking Trails

4

### Churchill Meadows Older Adult Centre

3801 Thomas St.

905-615-4750

6

### Erin Meadows Community Centre

2800 Erin Centre Blvd.

905-615-4750

10

### Meadowvale Community Centre

6655 Glen Erin Dr.

905-615-4710

13

### River Grove Community Centre

5800 River Grove Ave.

905-615-4780

## Outdoor Pools

7

### Streetsville Outdoor Pool

335 Church St.

905-615-4355

## Golf Courses

1

### BraeBen Golf Course

5700 Terry Fox Way

905-615-4653

# Map of North-East Mississauga



## Bookable Picnic Areas

**10**

### Paul Coffey Park

3430 Derry Rd. E.

Amenity highlights: Multi-Pad, Bocce Courts, Cricket, Shade Structure

**This Park is under redevelopment.**

**Some amenities may not be available.**

## Community Centres

**7**

### Frank McKechnie Community Centre

310 Bristol Rd. E.

905-615-4660

**9**

### Malton Community Centre

3540 Morning Star Dr.

905-615-4640

# Resources and References



## Registered Community Groups

Check out our list of registered community groups and get information on how you can register.

If you are a community organization, register for the City's Community Group Registry Program to access benefits like discounts for rental spaces at City facilities, promotional and funding opportunities, and more!

[mississauga.ca/communitygroups](https://mississauga.ca/communitygroups)

## 65+ Fit membership

If you're 65 years or older and live in Mississauga, you can enjoy free fitness programs designed to keep you active and healthy. Learn more about the application process and inclusions of this special membership.

[mississauga.ca/memberships](https://mississauga.ca/memberships)

## Sauga Connections for Older Adults

Stay social and active from the comfort of your home!

Join free online activities and fitness classes using your computer, tablet, or phone. Connect with friends—old and new—while enjoying engaging programs every week.

[saugaconnectsolderadults.ca](https://saugaconnectsolderadults.ca)

## Fresh Air Fitness (June – September)

Get active and energized with our outdoor fitness classes every Wednesday evening (7-8 pm) at Mississauga Celebration Square. Led by certified City instructors, these classes are designed to be accessible for all fitness levels. Enjoy a combination of Zumba, Bollywood, Yoga, and Pilates. Please see exception dates for special events.

[celebrationsquare.ca](https://celebrationsquare.ca)

## MiWay Senior Fares and Trip Planner

Seniors (65+) can ride MiWay for free with a PRESTO card set to the senior rate. You can add a free digital PRESTO card to your Apple or Google Wallet or buy a physical card for \$4 at a customer service outlet (Shopper's Drug Mart, City Centre Transit Terminal and Community Centres) where staff can help set it up. Without a PRESTO card, the cash fare is \$4.50 per ride.

[miway.ca/fares](https://miway.ca/fares)    [miway.ca/planatrip](https://miway.ca/planatrip)

**MiWay Customer Service: 905-615-4636**

## Mississauga Library Programs

The Library offers free in-person programs for older adults, such as social hours, art workshops, computer classes, and more.

[mississaugalibrary.ca/programs](https://mississaugalibrary.ca/programs)

## Walking Trails

Find trails and paths to walk or bike! Use the Region of Peel's resource by scanning the QR code below:



LAST UPDATED JUNE 2026

To learn more about our programs and services  
visit [mississauga.ca/olderadults](https://mississauga.ca/olderadults)

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