

Sauga Connections for Older Adults – January 2024

For full program descriptions, links to register or to join our virtual programs go to our website at: mississauga.ca/recreation

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy New Year!	2 Happy New Year!	3 Fit Break 10:30 to 11:15 am Fit, Balance & Strength	4 Hot Topic 11 am to 12 pm Sweet Farewell: Breaking up with sugar Presented by: STG Wellness	5 Fit Break 1:15 to 2 pm Low and Tone
8 Yarn Crafters 1:30 to 2:30 pm	9 Coffee Talk 11 am to 12 pm Let's Look at Art with the Art Gallery of Mississauga Presented by: Art Gallery of Mississauga	10 Fit Break 10:30 to 11:15 am Chair Yoga	11 Hot Topic 11 am to 12 pm Winter Birds 101 Presented by: Riverwood Conservancy	12 Fit Break 1:15 to 2 pm Zumba Gold
15 Yarn Crafters 1:30 to 2:30 pm	16 Coffee Talk 11 am to 12 pm Resolution to Reality: Goal Setting for upcoming year Presented by: City of Mississauga	17 Fit Break 10:30 to 11:15 am Core & Balance	18 Hot Topic 11 am to 12 pm Brain Health Presented by: Alzheimer Society Peel	19 Fit Break 1:15 to 2 pm Chair Pilates
22 Yarn Crafters 1:30 to 2:30 pm	23 Coffee Talk 11 am to 12 pm Seated Ballet Presented by: City of Mississauga	24 Fit Break 10:30 to 11:15 am Stretch & Strength	25 Hot Topic 11 am to 12 pm Online Shopping & Digital Wallets (Google Pay and Apple Pay) Presented by: Tech Coaches	26 Fit Break 1:15 to 2 pm Walk Fit
29 Yarn Crafters 1:30 to 2:30 pm	30 Coffee Talk 11 am to 12 pm Art Project with City of Mississauga Culture Department Presented by: City of Mississauga	31 Fit Break 10:30 to 11:15 am Drum Fitness		



Sauga Connections for Older Adults

Free live online activities every weekday

You're invited to join us each weekday for a variety of free, interactive, virtual activities for residents ages 55+ through your computer, tablet, or phone! All of our events are free, and we will never ask you for your credit card information.

For full program descriptions, links to register or to join our virtual programs go to our website: mississauga.ca/recreation

Program information:

- Programs are free and open to all residents ages 55+
- Programs include group discussions, activities and fitness classes
- All sessions open 5 minutes before the designated start time
- Each activity is 30-60 minutes

It's easy to connect:

1. Review the program schedule - available at mississauga.ca/recreation or by calling our Older Adult team (*see below*)
2. Choose how to participate:



On your phone - dial-in using the phone numbers and instructions on the [website](#), or contact the Older Adult team (*see below*)



On your device - use your computer, laptop, tablet or smartphone; technical tutorials are available on the [website](#) or contact the Older Adult team for support (*see below*)

3. Connect and enjoy – there's no need to pre-register, just dial in or use the link provided for your program

For more information or support:

If you require support to join by computer or phone, contact
Jackie Ellicott at 905-615-4770 ext. 2662 jackie.ellicott@mississauga.ca

Recreation

