

Sauga Connections for Older Adults – February 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Topic 11 am to 12 pm Artist Talk Presented by: AGM	2 Fit Break 1:15 to 2 pm Sit Fit
5 Yarn Crafters 1:30 to 2:30 pm	6 Coffee Talk 11 am to 12 pm The Global Impact of Dementia Presented by: Alzheimer's Disease International	7 Fit Break 10:30 to 11:15 am Strength & Stretch	8 Hot Topic 11 am to 12 pm A Conversation about Equity Presented by: Trillium Health Partners	9 Fit Break 1:15 to 2 pm Zumba Gold
12 Yarn Crafters 1:30 to 2:30 pm	13 Coffee Talk 11 am to 12 pm Workshop: Watercolour Flower Bouquet Presented by: City of Mississauga (Culture)	14 Fit Break 10:30 to 11:15 am Fit, Balance & Strength	15 Hot Topic 11 am to 12 pm My Service Canada Account Instructional Overview Presented by: Service Canada	16 Fit Break 1:15 to 2 pm Core & Balance
19 Family Day!	20 Coffee Talk 11 am to 12 pm Workshop: Felt Embroidery Presented by: AGM	21 Fit Break 10:30 to 11:15 am Low and Tone	22 Hot Topic 11 am to 12 pm Virtual Tour: Amherstburg Freedom Museum Presented by: Amherstburg Freedom Museum	23 Fit Break 1:15 to 2 pm Chair Yoga
26 Yarn Crafters 1:30 to 2:30 pm	27 Coffee Talk 11 am to 12 pm Winter Safety Tips Presented by: City of Mississauga (Fire)	28 Fit Break 10:30 to 11:15 am Walk Fit	29 Hot Topic 11 am to 12 pm Saskatchewan Black History Presented by: Saskatchewan African Canadian Heritage Museum	



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 resident's 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 45-60 minutes
- For privacy reasons, we do not record any of our sessions
- All sessions are live

How 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](https://mississauga.ca/recreation), 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](https://mississauga.ca/recreation) 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
Brooke Costa at 905-615-4840 ext. 2654 or brooke.costa@mississauga.ca

Recreation

