

## Sauga Connections for Older Adults – April 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Yarn Crafters</b> 1:30 to 2:30 pm	2 Coffee Talk 11 am to 12 pm <b>A Seasonal Hearth: Life in Victorian Mississauga - Winter</b> Presented by: City of Mississauga (Museums)	3 Fit Break 10:30 to 11:15 am <b>Chair Yoga</b>	4 Hot Topic 11 am to 12 pm <b>Pollinator ID &amp; Wildflower Host Plants</b> Presented by: The Riverwood Conservancy	5 Fit Break 1:15 to 2 pm <b>Zumba Gold</b>
8 <b>Yarn Crafters</b> 1:30 to 2:30 pm	9 Coffee Talk 11 am to 12 pm <b>Playing with Words Workshop with Carla Gonzalez Casanova</b> Presented by: AGM	10 Fit Break 10:30 to 11:15 am <b>Core and Balance</b>	11 Hot Topic 11 am to 12 pm <b>Fire Extinguisher and Fire Safety in High Rise Buildings</b> Presented by: City of Mississauga (Fire)	12 Fit Break 1:15 to 2 pm <b>Walk Fit</b>
15 <b>Yarn Crafters</b> 1:30 to 2:30 pm	16 Coffee Talk 11 am to 12 pm <b>Community Health and Safety</b> Presented by: Alzheimer Peel	17 Fit Break 10:30 to 11:15 am <b>Low and Tone</b>	18 Hot Topic 11 am to 12 pm <b>Over the Counter Medications Pt. 3 - Cold Medications</b> Presented by: Heather Hadden	19 Fit Break 1:15 to 2 pm <b>Stretch &amp; Strength</b>
22 <b>Yarn Crafters</b> 1:30 to 2:30 pm	23 Coffee Talk 11 am to 12 pm <b>Canada Dental Plan Care / Caregiver Benefits</b> Presented by: Service Canada	24 Fit Break 10:30 to 11:15 am <b>Drum Fit</b>	25 Hot Topic 11 am to 12 pm <b>Colour Your Words: Poetry Workshop</b> Presented by: AGM	26 Fit Break 1:15 to 2 pm <b>Sit Fit</b>
29 <b>Yarn Crafters</b> 1:30 to 2:30 pm	30 Coffee Talk 11 am to 12 pm <b>Seated Ballet</b> Presented by: City of Mississauga (Culture)			



# 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](https://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](https://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](mailto:brooke.costa@mississauga.ca)

*Recreation*

