

Sauga Connections for Older Adults – May 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 Fit Break 10:30 to 11:15 am Walk Fit	2 Hot Topic 11 am to 12 pm Asian Heritage Month Presentation Presented by: Chinese Cultural Centre of Greater Toronto	3 Fit Break 1:15 to 2 pm Low & Tone
6 Yarn Crafters 1:30 to 2:30 pm	7 Coffee Talk 11 am to 12 pm Artist Talk with Jessie Chui Presented by: AGM	8 Fit Break 10:30 to 11:15 am Functional Fitness	9 Hot Topic 11 am to 12 pm Emergency Preparedness Presented by: City of Mississauga (Emergency Management)	10 Fit Break 1:15 to 2 pm Zumba Gold
13 Yarn Crafters 1:30 to 2:30 pm	14 Coffee Talk 11 am to 12 pm A Seasonal Hearth: Life in Victorian Mississauga (Spring) Presented by: City of Mississauga (Museums)	15 Fit Break 10:30 to 11:15 am Sit Fit	16 Hot Topic 11 am to 12 pm Spring Fire Safety Presented by: City of Mississauga (Fire)	17 Fit Break 1:15 to 2 pm Chair Yoga
20 Yarn Crafters 1:30 to 2:30 pm	21 Coffee Talk 11 am to 12 pm Animal Service Presentation Presented by: City of Mississauga (Animal Services)	22 Fit Break 10:30 to 11:15 am Chair Pilates	23 Hot Topic 11 am to 12 pm Identifying Barriers in Gov. Assistance Programs Presented by: CASSA	24 Fit Break 1:15 to 2 pm Strength & Stretch
27 Yarn Crafters 1:30 to 2:30 pm	28 Coffee Talk 11 am to 12 pm Working Towards a Humane Country Presented by: Canadian Humane Society	29 Fit Break 10:30 to 11:15 am Core & Balance	30 Hot Topic 11 am to 12 pm How to Create Pollinator Friendly Container Gardens Presented by: Jeanne McRight, President Blooming Boulevards	31 Fit Break 1:15 to 2 pm Zumba Gold



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 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](#), 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 Brooke Costa at 905-615-4840 ext. 2654 or brooke.costa@mississauga.ca