

Sauga Connections for Older Adults – March 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Yarn Crafters 1:30 to 2:30 pm ³	Coffee Talk 11 am to 12 pm Stormwater Awareness Presented by: City of Mississauga (Environment) ⁴	Fit Break 10:30 to 11:15 am Yoga ⁵	Hot Topic 11 am to 12 pm Speaking of Bones Presented by: Sandra Tadros Guirguis ⁶	Fit Break 1:15 to 2 pm Chair Zumba ⁷
Yarn Crafters 1:30 to 2:30 pm ¹⁰	Coffee Talk 11 am to 12 pm Slips, Trips and Falls Presented by: City of Mississauga (Fire) ¹¹	Fit Break 10:30 to 11:15 am Chair Pilates ¹²	Hot Topic 11 am to 12 pm Artist Talk with Avery Creed Presented by: Art Gallery of Mississauga ¹³	Fit Break 1:15 to 2 pm Sit Fit ¹⁴
Yarn Crafters 1:30 to 2:30 pm ¹⁷	Coffee Talk 11 am to 12 pm Our Native Trees Presented by: Riverwood Conservancy ¹⁸	Fit Break 10:30 to 11:15 am Walk Fit ¹⁹	Hot Topic 11 am to 12 pm No Cost, Big Impact: Free Apps and Websites Presented by: Tech Coaches ²⁰	Fit Break 1:15 to 2 pm Seated Stretch and Strength ²¹
Yarn Crafters 1:30 to 2:30 pm ²⁴	Coffee Talk 11 am to 12 pm Women's Centre of Halton Presented by: Shagufe Hossain ²⁵	Fit Break 10:30 to 11:15 am Zumba ²⁶	Hot Topic 11 am to 12 pm Managing Taxable Income in Retirement Presented by: Retirement Income Group ²⁷	Fit Break 1:15 to 2 pm Stretch and Strength ²⁸
Yarn Crafters 1:30 to 2:30 pm ³¹				



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 our events are free, and we will never ask you for your credit card information.

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 saugaconnectsolderadults.ca 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
 - If you are joining on a device listed above, please [download](#) the Webex App before the session
 - 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