

## Sauga Connections for Older Adults – June 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Yarn Crafters 1:30 to 2:30 pm <sup>2</sup>	Coffee Talk 11 am to 12 pm <b>Home Low Impact Tools for Managing Stormwater</b> Presented by: City of Mississauga <sup>3</sup>	Fit Break 10:30 to 11:15 am <b>Chair Yoga</b> <sup>4</sup>	Hot Topic 11 am to 12 pm <b>Understanding Thyroid Disease</b> Presented by: The Thyroid Foundation of Canada <sup>5</sup>	Fit Break 1:15 to 2 pm <b>Seated Strength &amp; Stretch</b> <sup>6</sup>
Yarn Crafters 1:30 to 2:30 pm <sup>9</sup>	Coffee Talk 11 am to 12 pm <b>Acquired Brain Injury Education</b> Presented by: Mind Forward Brain Injury Services <sup>10</sup>	Fit Break 10:30 to 11:15 am <b>Chair Zumba</b> <sup>11</sup>	Hot Topic 11 am to 12 pm <b>Meet Mississauga's Poet Laureate</b> Presented by: Andrea Josic <sup>12</sup>	Fit Break 1:15 to 2 pm <b>Walk Fit</b> <sup>13</sup>
Yarn Crafters 1:30 to 2:30 pm <sup>16</sup>	Coffee Talk 11 am to 12 pm <b>Organization Origins and Purpose</b> Presented by: Rainbow Sauga Alliance <sup>17</sup>	Fit Break 10:30 to 11:15 am <b>Strength &amp; Stretch</b> <sup>18</sup>	Hot Topic 11 am to 12 pm <b>Artist Presentation: Ummul-Kiram Kothari</b> Presented by: Art Gallery of Mississauga <sup>19</sup>	Fit Break 1:15 to 2 pm <b>Sit Fit</b> <sup>20</sup>
Yarn Crafters 1:30 to 2:30 pm <sup>23</sup>	Coffee Talk 11 am to 12 pm <b>What is ALS?</b> Presented by: ALS Canada <sup>24</sup>	Fit Break 10:30 to 11:15 am <b>Zumba Gold</b> <sup>25</sup>	Hot Topic 11 am to 12 pm <b>Migraine Matters: Understanding, Managing, Thriving</b> Presented by: Migraine Canada <sup>26</sup>	Fit Break 1:15 to 2 pm <b>Chair Zumba</b> <sup>27</sup>
Yarn Crafters 1:30 to 2:30 pm <sup>30</sup>				



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