

Sauga Connections for Older Adults – August 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Fit Break 1:15 to 2 pm Sit Fit
⁴ No Programming Civic Holiday	⁵ No Programming Summer Break!	⁶ Fit Break 10:30 to 11:15 am Zumba Gold	⁷ Hot Topic 11 am to 12 pm World Hepatitis Day Presented by: World Hepatitis Alliance	⁸ Fit Break 1:15 to 2 pm Seated Strength & Stretch
¹¹ Yarn Crafters 1:30 to 2:30 pm	¹² No Programming Summer Break!	¹³ Fit Break 10:30 to 11:15 am Chair Yoga	¹⁴ Hot Topic 11 am to 12 pm Migraine Matters: Understanding, Managing, Thriving Presented by: Migraine Canada	¹⁵ Fit Break 1:15 to 2 pm Walk Fit
¹⁸ Yarn Crafters 1:30 to 2:30 pm	¹⁹ No Programming Summer Break!	²⁰ Fit Break 10:30 to 11:15 am Strength & Stretch	²¹ Hot Topic 11 am to 12 pm Artist Talk with Julie Nowak Presented by: Art Gallery of Mississauga	²² Fit Break 1:15 to 2 pm Chair Zumba
²⁵ Yarn Crafters 1:30 to 2:30 pm	²⁶ No Programming Summer Break!	²⁷ Fit Break 10:30 to 11:15 am Low and Tone	²⁸ Hot Topic 11 am to 12 pm A Partner Presentation Presented by: Vivre 100 Fibromes	²⁹ Fit Break 1:15 to 2 pm Seated Strength & Stretch



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