

## Sauga Connections for Older Adults – April 2023

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
Yarn Crafters 1:30 to 2:30 pm <sup>3</sup>	Coffee Talk 11:30am to 12:30pm <b>Virtual Tour: Sunset Walk in Oia, Greece</b> Presented by: Beeyonder <sup>4</sup>	Fit Break 10:30 to 11:10 am <b>Stretch &amp; Strength</b> <sup>5</sup>	Hot Topic 11 am to 12 pm <b>Artist Talk: Raheel Patel</b> Presented by Art Gallery of Mississauga <sup>6</sup>	<b>Good Friday – No Classes</b> <sup>7</sup>
Yarn Crafters 1:30 to 2:30 pm <sup>10</sup>	Coffee Talk 11 am to 12 pm <b>The New Canada's Food Guide</b> Presented by: Wellfort <sup>11</sup>	Fit Break 10:30 to 11:10 am <b>Chair Zumba</b> <sup>12</sup>	Hot Topic 11 am to 12 pm <b>Free Programs &amp; Services at Mississauga's Libraries</b> Presented by: Mississauga Library <sup>13</sup>	Fit Break 1:15 to 1:55 pm <b>Drum fit</b> <sup>14</sup>
Yarn Crafters 1:30 to 2:30 pm <sup>17</sup>	Coffee Talk 11 am to 12 pm <b>Colour Pencil Drawing with Carla Gonzalez-Casanova</b> Presented by: Art Gallery of Mississauga <sup>18</sup>	Fit Break 10:30 to 11:10 am <b>Core &amp; Balance</b> <sup>19</sup>	Hot Topic 11 am to 12 pm <b>Migrant Birds &amp; their Nests</b> Presented by: Riverwood Conservancy <sup>20</sup>	Fit Break 1:15 to 1:55 pm <b>Walk fit</b> <sup>21</sup>
Yarn Crafters 1:30 to 2:30 pm <sup>24</sup>	Coffee Talk 11 am to 12 pm <b>Sleep Well</b> Presented by: STG Wellness <sup>25</sup>	Fit Break 10:30 to 11:10 am <b>Sit fit</b> <sup>26</sup>	Hot Topic 11 am to 12 pm <b>GTAA Apiary</b> Presented by: GTAA <sup>27</sup>	Fit Break 1:15 to 1:55 pm <b>Zumba®</b> <sup>28</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 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 30-60 minutes

## It's easy 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](#), 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 Jackie Ellicott at 905-615-4810 ext. 2652 [jackie.ellicott@mississauga.ca](mailto:jackie.ellicott@mississauga.ca)

Recreation

