

# Sauga Connections for Older Adults – November 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Yarn Crafters 1:30 to 2:30pm <sup>3</sup>	Coffee Talk 11 am to 12 pm <sup>4</sup> <b>Bringing A History Exposed to Mississauga</b> Presented by: City of Mississauga (Museums)	Fit Break 10:30 to 11:15 am <sup>5</sup> <b>Total Body Toning</b>	Hot Topic 11 am to 12 pm <sup>6</sup> <b>Transitioning Into Retirement</b> Presented by: Retirement Income Group	Fit Break 1:15 to 2 pm <sup>7</sup> <b>Low and Tone</b>
Yarn Crafters 1:30 to 2:30 pm <sup>10</sup>	Coffee Talk 11 am to 12 pm <sup>11</sup> <b>The Thanksgiving Story</b> Presented by: Lianne Harris	Fit Break 10:30 to 11:15 am <sup>12</sup> <b>Zumba Gold</b>	Hot Topic 11 am to 12 pm <sup>13</sup> <b>Poetry Workshop with Akilah Walcott</b> Presented by: Art Gallery of Mississauga	Fit Break 1:15 to 2 pm <sup>14</sup> <b>Total Body Tone</b>
Yarn Crafters 1:30 to 2:30 pm <sup>17</sup>	Coffee Talk 11 am to 12 pm <sup>18</sup> <b>Circular Economy and Waste Diversion</b> Presented by: City of Mississauga (Storm Drainage)	Fit Break 10:30 to 11:15 am <sup>19</sup> <b>Low and Tone</b>	Hot Topic 11 am to 12 pm <sup>20</sup> <b>Flood Resilience Rebate Program &amp; Basement Flood Prevention Rebate Program</b> Presented by: City of Mississauga (Storm Drainage)	Fit Break 1:15 to 2 pm <sup>21</sup> <b>Seated Strength &amp; Stretch</b>
Yarn Crafters 1:30 to 2:30 pm <sup>24</sup>	Coffee Talk 11 am to 12 pm <sup>25</sup> <b>Brain Health</b> Presented by: Alzheimer Peel	Fit Break 10:30 to 11:15 am <sup>26</sup> <b>Chair Zumba</b>	Hot Topic 11 am to 12 pm <sup>27</sup> <b>The Art of Spinning and Weaving in Early Canada</b> Presented by: City of Mississauga (Museums)	Fit Break 1:15 to 2 pm <sup>28</sup> <b>Sit Fit</b>



# 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)