

## Sauga Connections for Older Adults – January 2026

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
			1 No programming. Happy New Year!	2
5 Yarn Crafters 1:30 to 2:30 pm	6 Coffee Talk 11 am to 12 pm <b>Steps to Safety</b> Presented by: City of Mississauga (Fire)	7 Fit Break 10:30 to 11:15 am <b>Zumba</b>	8 Hot Topic 11 am to 12 pm <b>Financial Empowerment for Survivors of Domestic &amp; Economic Abuse</b> Presented by: Canadian Centre for Women's Empowerment	9 Fit Break 1:15 to 2 pm <b>Total Body Tone</b>
12 Yarn Crafters 1:30 to 2:30 pm	13 Coffee Talk 11 am to 12 pm <b>Crepe Paper Flower Workshop</b> Presented by: City of Mississauga (Culture)	14 Fit Break 10:30 to 11:15 am <b>Strength &amp; Stretch</b>	15 Hot Topic 11 am to 12 pm <b>Artist Talk by Artist &amp; Ceramist Michael Flaherty</b> Presented by: Art Gallery of Mississauga	16 Fit Break 1:15 to 2 pm <b>Sit Fit</b>
19 Yarn Crafters 1:30 to 2:30 pm	20 Coffee Talk 11 am to 12 pm <b>City of Mississauga's Academic Partnership Program</b> Presented by: City of Mississauga	21 Fit Break 10:30 to 11:15 am <b>Chair Zumba</b>	22 Hot Topic 11 am to 12 pm <b>Seated Ballet</b> Presented by: City of Mississauga	23 Fit Break 1:15 to 2 pm <b>Chair Strength &amp; Stretch</b>
26 Yarn Crafters 1:30 to 2:30 pm	27 Coffee Talk 11 am to 12 pm <b>Community Health &amp; Safety Session</b> Presented by: Alzheimer Peel	28 Fit Break 10:30 to 11:15 am <b>Low &amp; Tone</b>	29 Hot Topic 11 am to 12 pm <b>A Presentation with the City of Mississauga Environment Sustainability Team</b> Presented by: City of Mississauga	30 Fit Break 1:15 to 2 pm <b>Chair Yoga</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)