

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

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 Steps to Safety Presented by: City of Mississauga (Fire)	7 Fit Break 10:30 to 11:15 am Zumba	8 Hot Topic 11 am to 12 pm Financial Empowerment for Survivors of Domestic & Economic Abuse Presented by: Canadian Centre for Women's Empowerment	9 Fit Break 1:15 to 2 pm Total Body Tone
12 Yarn Crafters 1:30 to 2:30 pm	13 Coffee Talk 11 am to 12 pm Crepe Paper Flower Workshop Presented by: City of Mississauga (Culture)	14 Fit Break 10:30 to 11:15 am Strength & Stretch	15 Hot Topic 11 am to 12 pm Artist Talk by Artist & Ceramist Michael Flaherty Presented by: Art Gallery of Mississauga	16 Fit Break 1:15 to 2 pm Sit Fit
19 Yarn Crafters 1:30 to 2:30 pm	20 Coffee Talk 11 am to 12 pm City of Mississauga's Academic Partnership Program Presented by: City of Mississauga	21 Fit Break 10:30 to 11:15 am Chair Zumba	22 Hot Topic 11 am to 12 pm Seated Ballet Presented by: City of Mississauga	23 Fit Break 1:15 to 2 pm Chair Strength & Stretch
26 Yarn Crafters 1:30 to 2:30 pm	27 Coffee Talk 11 am to 12 pm Community Health & Safety Session Presented by: Alzheimer Peel	28 Fit Break 10:30 to 11:15 am Low & Tone	29 Hot Topic 11 am to 12 pm A Presentation with the City of Mississauga Environment Sustainability Team Presented by: City of Mississauga	30 Fit Break 1:15 to 2 pm Chair Yoga

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