

## Sauga Connections for Older Adults – February 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
Yarn Crafters 1:30 to 2:30 pm <sup>2</sup>	Coffee Talk 11 am to 12 pm <b>History Through Footwear</b> Presented by: Bata Shoe Museum	Fit Break 10:30 to 11:15 am <b>Zumba Gold</b>	Hot Topic 11 am to 12 pm <b>Planning 101 – A Guide to Understanding Change in Your Community</b> Presented by: Ibrahim Dia	Fit Break 1:15 to 2 pm <b>Seated Strength &amp; Stretch</b>
Yarn Crafters 1:30 to 2:30 pm <sup>9</sup>	Coffee Talk 11 am to 12 pm <b>Meet Your Wild Neighbours</b> Presented by: Toronto Wildlife Centre	Fit Break 10:30 to 11:15 am <b>Low &amp; Tone</b>	Hot Topic 11 am to 12 pm <b>Negro Spirituals Through the Generations</b> Presented by: Faith States-Linton	Fit Break 1:15 to 2 pm <b>Chair Yoga</b>
Yarn Crafters 1:30 to 2:30 pm <sup>16</sup>	Coffee Talk 11 am to 12 pm <b>Famous Lovers</b> Presented by: History by Harris	Fit Break 10:30 to 11:15 am <b>Strength &amp; Stretch</b>	Hot Topic 11 am to 12 pm <b>Deep Listening: An Artist Talk with Multimedia Artist Stephanie Florence</b> Presented by: Art Gallery of Mississauga	Fit Break 1:15 to 2 pm <b>Total Body Tone</b>
Yarn Crafters 1:30 to 2:30 pm <sup>23</sup>	Coffee Talk 11 am to 12 pm <b>Through the Fog: Discovering Grand Manan Island in the Bay of Fundy</b> Presented by: Anne Marie Haggan	Fit Break 10:30 to 11:15 am <b>Chair Zumba</b>	Hot Topic 11 am to 12 pm <b>Artist Feature: Edith Hester McDonald-Brown</b> Presented by: City of Mississauga (Culture)	Fit Break 1:15 to 2 pm <b>Walk 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)