

Sauga Connections for Older Adults – March 2026

For full program descriptions, links to register or to join our virtual programs, visit our website at: saugaconnectsoldieradults.ca

Monday	Tuesday	Wednesday	Thursday	Friday
Yarn Crafters 1:30 to 2:30 pm ²	Coffee Talk 11 am to 12 pm The History of Persia Presented by: Lianne Harris ³	Fit Break 10:30 to 11:15 am Zumba Gold ⁴	Hot Topic 11 am to 12 pm Home Instead Presentation Presented by: Dan Gallagher ⁵	Fit Break 1:15 to 2 pm Seated Strength and Stretch ⁶
Yarn Crafters 1:30 to 2:30 pm ⁹	Coffee Talk 11 am to 12 pm The Grand Tour of Mississauga History Presented by: Denis Frias ¹⁰	Fit Break 10:30 to 11:15 am Low and Tone ¹¹	Hot Topic 11 am to 12 pm Seated Ballet Presented by: Jennifer Knight ¹²	Fit Break 1:15 to 2 pm Walk Fit ¹³
Yarn Crafters 1:30 to 2:30 pm ¹⁶	Coffee Talk 11 am to 12 pm Mississauga Animal Services Presented by: Parathan M ¹⁷	Fit Break 10:30 to 11:15 am Strength and Stretch ¹⁸	Hot Topic 11 am to 12 pm Art as a Place to Pause Presented by: Christopher He ¹⁹	Fit Break 1:15 to 2 pm Chair Yoga ²⁰
Yarn Crafters 1:30 to 2:30 pm ²³	Coffee Talk 11 am to 12 pm Out of the Vault: Beyond the Shore Exhibition Presented by: Maysoon Sheikh and Amanda Barbosa ²⁴	Fit Break 10:30 to 11:15 am Chair Zumba ²⁵	Hot Topic 11 am to 12 pm More Amazing Women of Mississauga Presented by: Lindsay Doren ²⁶	Fit Break 1:15 to 2 pm Total Body Tone ²⁷
Yarn Crafters 1:30 to 2:30 pm ³⁰	Coffee Talk 11 am to 12 pm Workshop with our Culture Programs Team Presented by: City of Mississauga – Culture Programs ³¹			



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 saugaconnectsoldieradults.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