

## Sauga Connections for Older Adults – May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fit Break 1:15 to 2 pm <b>Low &amp; Tone</b>
4 Yarn Crafters 1:30 to 2:30 pm	5 Coffee Talk 11 am to 12 pm <b>Introduction to Emergency Preparedness</b> Presented by: City of Mississauga (Office of Emergency Management)	6 Fit Break 10:30 to 11:15 am <b>Fit, Balance &amp; Strength</b>	7 Hot Topic 11 am to 12 pm <b>Changes to Lawn Rules &amp; Tree Responsibilities</b> Presented by: City of Mississauga (Property Standards and Forestry)	8 Fit Break 1:15 to 2 pm <b>Chair Strength &amp; Stretch</b>
11 Yarn Crafters 1:30 to 2:30 pm	12 Coffee Talk 11 am to 12 pm <b>Bella Italia (All Things Italian)</b> Presented by: Lianne Harris	13 Fit Break 10:30 to 11:15 am <b>Zumba Gold</b>	14 Hot Topic 11 am to 12 pm <b>Storytelling &amp; Skill-Building in the Wake of Tomorrow</b> Presented by: Art Gallery of Mississauga	15 Fit Break 1:15 to 2 pm <b>Chair Yoga</b>
18 Yarn Crafters 1:30 to 2:30 pm	19 Coffee Talk 11 am to 12 pm <b>Downsizing with Confidence: When the Time is Right &amp; How to Start the Process</b> Presented by: Brick & Bloom Real Estate Group	20 Fit Break 10:30 to 11:15 am <b>Chair Zumba</b>	21 Hot Topic 11 am to 12 pm <b>Water Safety for Seniors</b> Presented by: City of Mississauga (Fire Prevention)	22 Fit Break 1:15 to 2 pm <b>Low &amp; Tone</b>
25 Yarn Crafters 1:30 to 2:30 pm	26 Coffee Talk 11 am to 12 pm <b>Medication: Implications on Exercise Pt 1 (Blood Pressure, Medications &amp; Exercise)</b> Presented by: Heather Hadden	27 Fit Break 10:30 to 11:15 am <b>Strength &amp; Stretch</b>	28 Hot Topic 11 am to 12 pm <b>Nurturing Your Inner Garden: Emotional Well-Being &amp; Self-Care for a Fulfilling Life</b> Presented by: Good to be Good	29 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 [saugaconnectsoldieradults.ca](http://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](mailto:brooke.costa@mississauga.ca)