

Sauga Connections for Older Adults – April 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
		Fit Break 10:30 to 11:15 am Yoga in a Chair 1	Hot Topic 11 am to 12 pm The History of Easter Traditions Presented by: City of Mississauga (Museums) 2	No Class – Good Friday 3
Yarn Crafters 1:30 to 2:30 pm 6	Coffee Talk 11 am to 12 pm Understanding Mississauga's Rental Standards Program Presented by: City of Mississauga (Municipal Law) 7	Fit Break 10:30 to 11:15 am Chair Zumba 8	Hot Topic 11 am to 12 pm Maintain Your Brain Presented by: Home Instead 9	Fit Break 1:15 to 2 pm Total Body Tone 10
Yarn Crafters 1:30 to 2:30 pm 13	Coffee Talk 11 am to 12 pm Mississauga's Apple Story Through the Artwork ORCHARD Presented by: City of Mississauga (Public Art) 14	Fit Break 10:30 to 11:15 am Strength & Stretch 15	Hot Topic 11 am to 12 pm The Cultural Contextualization of <i>The Last Supper</i> in Art Presented by: Art Gallery of Mississauga 16	Fit Break 1:15 to 2 pm Low & Tone 17
Yarn Crafters 1:30 to 2:30 pm 20	Coffee Talk 11 am to 12 pm Medications & Exercise Presented by: Heather Hadden 21	Fit Break 10:30 to 11:15 am Seated Total Body Tone 22	Hot Topic 11 am to 12 pm Intro to Spoken Words Presented by: Tahira Rajwani, Youth Poet Laureate 23	Fit Break 1:15 to 2 pm Seated Strength & Stretch 24
Yarn Crafters 1:30 to 2:30 pm 27	Coffee Talk 11 am to 12 pm Oral Health in Older Adults: What Changes With Age? Presented by: The Canadian Dental Hygienists 28	Fit Break 10:30 to 11:15 am Zumba 29	Hot Topic 11 am to 12 pm Inside the Exhibit: Game On! Presented by: City of Mississauga (Museums) 30	



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