

Sauga Connections for Older Adults – June 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
Yarn Crafters 1:30 to 2:30 pm ¹	Coffee Talk 11 am to 12 pm Learn to Paint a Night-time Skyline Presented by: City of Mississauga ²	Fit Break 10:30 to 11:15 am Chair Zumba ³	Hot Topic 11 am to 12 pm Indigenous Public Art in Mississauga Presented by: City of Mississauga ⁴	Fit Break 1:15 to 2 pm Low & Tone ⁵
Yarn Crafters 1:30 to 2:30 pm ⁸	Coffee Talk 11 am to 12 pm Strong Bones, Stronger Future: The Science of Fracture Prevention Presented by: Sandra Tadros Guirguis ⁹	Fit Break 10:30 to 11:15 am Fit, Balance & Strength ¹⁰	Hot Topic 11 am to 12 pm Growing Healthy Places: Mississauga Presented by: City of Mississauga ¹¹	Fit Break 1:15 to 2 pm Chair Yoga ¹²
Yarn Crafters 1:30 to 2:30 pm ¹⁵	Coffee Talk 11 am to 12 pm Inaadiziwin (A Way of Life) Presented by: Fort William Historical Park ¹⁶	Fit Break 10:30 to 11:15 am Zumba Gold ¹⁷	Hot Topic 11 am to 12 pm A Selection of Works by Dora de Pedery-Hunt Presented by: Art Gallery of Mississauga ¹⁸	Fit Break 1:15 to 2 pm Seated Strength & Stretch ¹⁹
Yarn Crafters 1:30 to 2:30 pm ²²	Coffee Talk 11 am to 12 pm Pride Matters! Presented by: MiPride Employee Resource Group ²³	Fit Break 10:30 to 11:15 am Low & Tone ²⁴	Hot Topic 11 am to 12 pm Treaty Partners: The Mississaugas of the Credit First Nation & the City of Mississauga Presented by: Mississaugas of the Credit First Nation ²⁵	Fit Break 1:15 to 2 pm Sit Fit ²⁶
Yarn Crafters 1:30 to 2:30 pm ²⁹	Coffee Talk 11 am to 12 pm Alzheimer Family Caregiver Workshop Presented by: Home Instead 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