

Sauga Connections for Older Adults – July 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 |
|-------------------------------------|---|--|---|--|
| | | 1 Canada Day (No programming) | 2 Hot Topic 11 am to 12 pm Memories of an African Safari Presented by: Marylou Heenan | 3 Fit Break 1:15 to 2 pm Seated Total Body Tone |
| 6 Yarn Crafters 1:30 to 2:30 pm | 7 No programming - Summer Break! | 8 Fit Break 10:30 to 11:15 am Fit, Balance and Strength | 9 Hot Topic 11 am to 12 pm Intro to War Horses Presented by: Knight School Inc. | 10 Fit Break 1:15 to 2 pm Chair Yoga |
| 13 Yarn Crafters 1:30 to 2:30 pm | 14 No programming - Summer Break! | 15 Fit Break 10:30 to 11:15 am Zumba Gold | 16 Hot Topic 11 am to 12 pm Writing Workshop on Memory Presented by: Art Gallery of Mississauga | 17 Fit Break 1:15 to 2 pm Low and Tone |
| 20 Yarn Crafters 1:30 to 2:30 pm | 21 No programming - Summer Break! | 22 Fit Break 10:30 to 11:15 am Low and Tone | 23 Hot Topic 11 am to 12 pm Pirates & Plunder! The Caribbean's Golden Age of Piracy Presented by: Lianne Harris | 24 Fit Break 1:15 to 2 pm Chair Zumba |
| 27 Yarn Crafters 1:30 to 2:30 pm | 28 No programming - Summer Break! | 29 Fit Break 10:30 to 11:15 am Chair Zumba | 30 Hot Topic 11 am to 12 pm The Ojibwe Horse in Ontario Presented by: Grey Haven Ranch | 31 Fit Break 1:15 to 2 pm Fit, Balance and Strength |



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