

Sauga Connections for Older Adults – August 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
3 No programming - Civic Holiday	4 No programming - Summer Break!	5 Fit Break 10:30 to 11:15 am Seated Low and Tone	6 Hot Topic 11 am to 12 pm A Sweet History Presented by: City of Mississauga	7 Fit Break 1:15 to 2 pm Gentle Yoga
10 Yarn Crafters 1:30 to 2:30 pm	11 No programming - Summer Break!	12 Fit Break 10:30 to 11:15 am Fit, Balance and Strength	13 Hot Topic 11 am to 12 pm Drawing the Discarded Presented by: Art Gallery of Mississauga	14 Fit Break 1:15 to 2 pm Walk Fit
17 Yarn Crafters 1:30 to 2:30 pm	18 No programming - Summer Break!	19 Fit Break 10:30 to 11:15 am Zumba Gold	20 Hot Topic 11 am to 12 pm Intro to Mounted Medieval Games Presented by: Knight School Inc.	21 Fit Break 1:15 to 2 pm Chair Yoga
24 Yarn Crafters 1:30 to 2:30 pm	25 No programming - Summer Break!	26 Fit Break 10:30 to 11:15 am Low and Tone	27 Hot Topic 11 am to 12 pm Arthritis Awareness Presented by: Home Instead	28 Fit Break 1:15 to 2 pm Seated Total Body Tone
31 Yarn Crafters 1:30 to 2:30 pm				



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 saugaconnectsolderadults.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