

Sauga Connections for Older Adults – September 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 Coffee Talk 11 am to 12 pm An Apple A Day! Presented by: City of Mississauga	² Fit Break 10:30 to 11:15 am Chair Zumba	³ Hot Topic 11 am to 12 pm Topic TBD Presented by: TBD	⁴ Fit Break 1:15 to 2 pm Sit Fit
⁷ Yarn Crafters 1:30 to 2:30 pm	⁸ Coffee Talk 11 am to 12 pm Birds and Cities Presented by: Toronto Wildlife	⁹ Fit Break 10:30 to 11:15 am Walk Fit	¹⁰ Hot Topic 11 am to 12 pm Collaging with Memories Presented by: City of Mississauga	¹¹ Fit Break 1:15 to 2 pm Total Body Tone
¹⁴ Yarn Crafters 1:30 to 2:30 pm	¹⁵ Coffee Talk 11 am to 12 pm The Silk Road Presented by: Lianne Harris	¹⁶ Fit Break 10:30 to 11:15 am Seated Strength & Stretch	¹⁷ Hot Topic 11 am to 12 pm Transforming Family History Into Art Presented by: Art Gallery of Mississauga	¹⁸ Fit Break 1:15 to 2 pm Chair Yoga
²¹ Yarn Crafters 1:30 to 2:30 pm	²² Coffee Talk 11 am to 12 pm Medication & Implications on Exercise Pt. 3: Blood Sugar, Body Temperature & Ligaments Presented by: Heather Hadden	²³ Fit Break 10:30 to 11:15 am Zumba Gold	²⁴ Hot Topic 11 am to 12 pm Around the World in War Horses Presented by: Knight School	²⁵ Fit Break 1:15 to 2 pm Seated Total Body Tone
²⁸ Yarn Crafters 1:30 to 2:30 pm	²⁹ Coffee Talk 11 am to 12 pm Topic TBD Presented by: TBD	³⁰ Fit Break 10:30 to 11:15 am Fit, Balance & 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 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