

Sauga Connections for Older Adults – October 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 Hot Topic 11 am to 12 pm State-of-Flow at Home: Building Healthy Routines that Last! Presented by: Nature Zeal	2 Fit Break 1:15 to 2 pm Strength and Stretch
5 Yarn Crafters 1:30 to 2:30 pm	6 Coffee Talk 11 am to 12 pm A City in Tune: Behind the Scenes Presented by: City of Mississauga	7 Fit Break 10:30 to 11:15 am Fit, Balance and Strength	8 Hot Topic 11 am to 12 pm A Time to Give Thanks Presented by: City of Mississauga	9 Fit Break 1:15 to 2 pm Walk Fit
12 Yarn Crafters 1:30 to 2:30 pm	13 Coffee Talk 11 am to 12 pm Right-Sizing: What Does It Mean for Me? Presented by: Heather Lochner	14 Fit Break 10:30 to 11:15 am Zumba Gold	15 Hot Topic 11 am to 12 pm Fire Prevention Week Highlights: Lithium-ion Battery Safety Presented by: City of Mississauga	16 Fit Break 1:15 to 2 pm Sit Fit
19 Yarn Crafters 1:30 to 2:30 pm	20 Coffee Talk 11 am to 12 pm Coexisting with Coyotes Presented by: Toronto Wildlife	21 Fit Break 10:30 to 11:15 am Chair Strength and Stretch	22 Hot Topic 11 am to 12 pm Place-Based Pottery Presented by: Art Gallery of Mississauga	23 Fit Break 1:15 to 2 pm Chair Yoga
26 Yarn Crafters 1:30 to 2:30 pm	27 Coffee Talk 11 am to 12 pm Animal Services: What We Do Presented by: City of Mississauga	28 Fit Break 10:30 to 11:15 am Chair Zumba	29 Hot Topic 11 am to 12 pm A Day with the Knight and Their Horse: From Start to Finish Presented by: Knight School Inc.	30 Fit Break 1:15 to 2 pm Chair Pilates



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