Sauga Connections for Older Adults – November 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
2 **Yarn Crafters** 1:30 to 2:30 pm	3 Coffee Talk 11 am to 12 pm **Oral Health: A Window to Your Body** Presented by: Toronto College of Dental Hygiene and Auxiliaries Inc.	4 Fit Break 10:30 to 11:15 am **Fit, Balance and Strength**	5 Hot Topic 11 am to 12 pm **Remembering Mississauga's Role at War** Presented by: City of Mississauga	6 Fit Break 1:15 to 2 pm **Chair Strength and Stretch**
9 **Yarn Crafters** 1:30 to 2:30 pm	10 Coffee Talk 11 am to 12 pm **Frauds Awareness and Prevention Workshop for Seniors** Presented by: Safe City Mississauga	11 Fit Break 10:30 to 11:15 am **Zumba Gold**	12 Hot Topic 11 am to 12 pm **Story of a WWII Polish Baby Refugee** Presented by: Zig Misiak	13 Fit Break 1:15 to 2 pm **Sit Fit**
16 **Yarn Crafters** 1:30 to 2:30 pm	17 Coffee Talk 11 am to 12 pm **Biodiversity in the City** Presented by: Toronto Wildlife Centre	18 Fit Break 10:30 to 11:15 am **Chair Strength and Stretch**	19 Hot Topic 11 am to 12 pm **Art Crime in Rome** Presented by: Art Gallery of Mississauga	20 Fit Break 1:15 to 2 pm **Chair Yoga**
23 **Yarn Crafters** 1:30 to 2:30 pm	24 Coffee Talk 11 am to 12 pm **From Installation to Restoration: The Lifecycle of Public Art** Presented by: City of Mississauga	25 Fit Break 10:30 to 11:15 am **Chair Zumba**	26 Hot Topic 11 am to 12 pm **Around the World in War Horses** Presented by: Knight School Inc.	27 Fit Break 1:15 to 2 pm **Low and Tone**
30 **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