Sauga Connections for Older Adults – December 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 **EV 101: Understanding Electric Vehicles** Presented by: City of Mississauga	2 Fit Break 10:30 to 11:15 am **Zumba Gold**	3 Hot Topic 11 am to 12 pm **Holiday Fire Safety** Presented by: City of Mississauga	4 Fit Break 1:15 to 2 pm **Chair Strength and Stretch**
7 **Yarn Crafters** 1:30 to 2:30 pm	8 Coffee Talk 11 am to 12 pm **Christmas: Stories and Symbols** Presented by: Lianne Harris	9 Fit Break 10:30 to 11:15 am **Fit, Balance and Strength**	10 Hot Topic 11 am to 12 pm **Oral Health: A Window to Your Body** Presented by: Toronto College of Dental Hygiene and Auxiliaries Inc.	11 Fit Break 1:15 to 2 pm **Chair Yoga**
14 **Yarn Crafters** 1:30 to 2:30 pm	15 Coffee Talk 11 am to 12 pm **Unique Christmas Food Traditions** Presented by: City of Mississauga	16 Fit Break 10:30 to 11:15 am **Chair Zumba**	17 Hot Topic 11 am to 12 pm **Culture Workshop** Presented by: City of Mississauga	18 Fit Break 1:15 to 2 pm **Happy Fitmas!** **Low and Tone**
Happy Holidays! (Programming resumes **January 4, 2027**)				

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