Older Adult



Social Dance at the Mississauga Seniors' Centre.

Older Adult Services

Mississauga has many opportunities for older adults to stay active and healthy. The Community Services Department has 8 Community Centres that promote active Older Adult programs in each of their communities. Recreation and Parks also operates the Mississauga Seniors' Centre, a Community Centre for persons 60 years and older and liaises with the Square One Older Adult Centre which is now open to older adults 50 years and older.

Explore the many programs for Older Adults as well as the variety of Fitness/Active Living programs throughout this section.

Changing the way we age

We can change the way we age by staying active, to the fullest extent possible, within all areas of life: physical, spiritual, emotional, intellectual, professional and social. Aging within these dimensions of wellness keeps us involved, alert and enjoying a productive life.

Active Aging

The concept of active aging is summed up in the phrase "engaged in life." Individuals can participate in life as fully as possible, regardless of socio-economic status or health conditions.

What is Active Living?

Active Living is about making physical activity a part of your everyday life whether you're at home, work, school or play. Try to be active for one hour every day. For starters, add up to 10 minutes of activity at a time throughout the day until you reach this goal.

You can do it—Getting started is easier than you think.

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can—get off the bus early, use the stairs instead of the elevator
- Reduce inactivity for long periods, like watching TV
- Get up from the couch and stretch and bend for a few minutes every hour
- Play actively with your grandkids
- Start with a 10 minute walk—gradually increase the time
- Find out about walking and cycling paths nearby and use them
- Try a fitness class (at the Seniors' Centre or local Community Centre)

The Benefits of Regular Physical Activity:

- Reduces the risk of heart disease & developing high blood pressure
- Reduces the risk of developing diabetes
- Helps reduce blood pressure in people who already have high blood pressure
- Reduces the risk of developing colon cancer
- Reduces feelings of depression and anxiety
- Helps control weight and maintain healthy bones, muscles, and joints
- Helps older adults become stronger and better able to move about without falling

Next Step to Active Living Program... A Stepping Stone to a Healthy Active Lifestyle

Offering adults with acquired physical disabilities the opportunity to develop skills towards independence through participation in various leisure and recreation activities. Offered at South Common CC and Huron Park RC.

Call 905-615-4770, ext. 2279 for more details or visit www.mississauga.ca/nextstep

What we have to offer you...

The Mississauga Seniors' Centre and Square One Older Adult Centre offer a wide selection of exercise classes specifically designed for older adults.

Here is a sample of some of our programs: Yoga Gentle Joint & Stretch, OsteoFit, Nordic Walking, Functional Fitness, Co-ed Fitness, Fit Fellows, Chair-ercise, On the Ball, Tai Chi, Jazz Fitness, Line Dancing, Ballroom Dancing & much more.

District 20, Mississauga Senior Games



Mississauga Senior Games—cycling and walking events.

"55+ Friendly Senior Games"

Providing enjoyable, healthful, physical and mental exercise for residents aged 55 years and over.

Experience the spirit of friendly competition and the thrill of victory by registering for one or more of the following Senior Games Events:

Badminton, Bocce, 5 Pin Bowling, Carpet Bowling, Contract or Duplicate Bridge, Cribbage, Euchre, Cycling, Darts,Golf, Horseshoes, Lawn Bowling, Scrabble, Shuffleboard, Skating, Swimming, Table Tennis, Tennis, Volleyball, Walking, Whist & more.

Every event is organized by volunteers with the assistance of Mississauga Recreation & Parks.

More detailed information will be available at all Community Centres and Libraries or call:

- Mississauga Seniors' Centre, 905-615-4810

If you would like to have a representative from the Senior Games Committee come out and speak to your Group about how to get involved, please call the Centre at the above number.

Mississauga Seniors' Centre

1389 Cawthra Rd., 905-615-4810
www.mississauga.ca/seniors

Centre Operating Hours:

Monday–Friday, 8:30 am–4:30 pm
Saturdays, 9:00 am–12:00 noon
Sundays, 1:00 pm–5:00 pm
Centre Closures: All holiday weekends (Please check Centre newsletter for Holiday Hours and Closures)

Location

The centre is located on Cawthra Rd. at Arbor Rd. south of the Queen Elizabeth Highway, beside the Cawthra Community Centre and Arena. For bus transportation, take Mississauga Transit bus route #8.

Yearly Membership

The yearly membership fee entitles you to participate in the many activities, programs, special events, day trips and services at the centre. Membership is available to residents 60 years of age and older (spouses may be 55). The 2009 membership fee is $24.00 for residents and $29.00 for qualifying non-residents. Membership is valid for one year from the date of purchase. Additional fees are charged for participation in activities, programs, special events, day trips and services.

Volunteer Opportunities for Members

Volunteers at the Mississauga Seniors' Centre are also members of the Centre. No experience necessary. Volunteer opportunities are available in the following areas:

- Activity Leader
- Garden Café
- Library
- Office Reception
- Senior Games Executive Committee
- Special Events Committee
- Golf Club Committee
- Computer programs

For more information, call 905-615-4810.

Special Events

Are you looking for some great fun...Come single, with a friend or as a couple.

Variety Show, Strawberry Bingo, Picnic in the Park, Summer BBQ & more.

Day Trips— Enjoy a day out with friends to various hotspots in the GTA and south Ontario areas.

Our fabulous trips are so popular that we have waiting lists! Check out our newsletters, trip flyer and website for details on the Spring & Summer excursions—Trips scheduled include: Theatre, Casinos, & Cruises. www.mississauga.ca/seniors

Garden Café—Affordable lunch with friends every day

Operates Monday–Friday from 9:00 am–1:00 pm. Delicious items for you to enjoy including soup, sandwiches, muffins, pastries, tea, coffee, juice and more. (Please note: Cafe closed during summer.)

Activities—Over 40 Activities to choose from

The Centre is host to a wide variety of activities for every interest going. We have shuffleboard, art club, euchre, bridge, whist, mah jongg, poets and writers, canasta, bingo, bid-euchre, dancing, table tennis, bias bowls, ceramics, snooker (Pool Room), cribbage, pickle ball, badminton, horseshoes, computer club, digital imaging and more!

Mississauga Walks

Join the Mississauga Seniors' Centre Walking Club and be a part of this city-wide initiative to encourage people who live, work and play in Mississauga to add walking to their daily routine. The Club walks at the climate controlled Cawthra CC's indoor walking track. So count yourself in!

Cawthra Seniors Golf Club

Are you interested in joining a mixed Golf Club for golfers over 55 years and older? Club plans are underway for the 2009 season for both 9 hole and 18 hole golfing. For more formation, call Carol at 905-819-8145.

Volleyball Co-Ed (Age 55 years +)

If you still have some mobility and enjoy team sports, get out and get involved in a fun volleyball program. We can teach you the skills. You supply the effort and enthusiasm. We play regular 6 against 6 volleyball, in an excellent indoor facility and welcome beginners. For more information, call John Rozenberg at 905-891-5396.

Computer Lessons for Older Adults

Beginners are welcome! Enjoy life-long learning with our computer courses specially designed for Seniors. Lessons offered in Microsoft Windows & Word, Email, Internet and Picasa. Call 905-615-4810 for details.

Older Adult Clubs at the Centre

Lakeview Club

Meetings are every first and third Thursday of each month at 1:15 pm.

Contact: Dorelle Boyes, 905-278-4409

55 Plus Goan Association—West GTA
Contact: Juliet Rebello, 905-276-7890

Room Rentals

Having a special celebration? Various rooms are available to rent. For more information, call 905-615-4810.

Registered Programs

All programs are on the CLASS registration system which means you can now register on-line, Touch Tone Registration, or at any community centre provided you have a current Seniors Centre Membership.

Spring programs begin the week of Mar. 28th. Summer programs begin the week of Jun. 27th. Register in person during regular Centre office hours, fill out a registration form and drop it off in the program registration box in the Centre lobby.

Please note: Registration is limited. Programs with insufficient registration one week prior to the start of each session will be cancelled. If you require more information, drop by the office or call 905-615-4810.

Ballroom Dancing for Older Adults—Level 1

Learn a variety of dances such as the Waltz, Cha Cha, Rumba, Tango, Fox Trot and much more. An enjoyable way to workout, have fun and learn new dance skills. Hard soled, non rigid shoes are recommended. A partner is not necessary.

Fee: $61.20 Classes: 12

START	TIME	DAY	CODE
Apr 07	2:45 pm-4:15 pm	Tu	439892

Core Strength for Older Adults

Stretch & tone your body with flowing movements, increase strength & flexibility in your muscles and joints. This course works to strengthen the core, lengthen the spine and build muscle tone.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Mar 30	10:30 am-11:30 am	M	461243



Osteo Fit for Older Adults.

Fit Fellows

An all-round fitness and strength training class specifically designed for the more active participant. Includes cardio, low impact aerobic exercises and comraderie for an invigorating workout. We supply hand weights and exercise mats.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Mar 30	10:30 am-11:30 am	M	439899
Apr 03	10:30 am-11:30 am	F	439898

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jun 29	10:30 am-11:30 am	M	439938
Jul 03	10:30 am-11:30 am	F	439940
Aug 07	10:30 am-11:30 am	F	439941
Aug 10	10:30 am-11:30 am	M	439939

Forever Fit-Ladies

Designed for the more active participant, this class focuses on complete conditioning of the whole body through controlled stretching and gentle movement equivalent to low impact cardio exercise and muscle strengthening. Light hand weights and exercise mats used.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Mar 30	9:30 am-10:30 am	M	439900
Apr 03	9:30 am-10:30 am	F	439901

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jun 29	9:30 am-10:30 am	M	439942
Jul 03	9:30 am-10:30 am	F	439943
Aug 07	9:30 am-10:30 am	F	439944
Aug 10	9:30 am-10:30 am	M	439945

Please Note: A valid Mississauga Seniors' Centre Membership is required to register for these programs.

Full Functional Workout for Older Adults

This class is perfect for both beginner and more active participants and is excellent to assist recovery from an injury. Often our muscles are not performing the job they were designed to do causing muscle tightness, overwork or muscle weakness. The instructor is a Certified Movement Analyst who will get you moving properly and ready for an exercise program with unique resistance work and correct stretching techniques.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Mar 30	9:15 am-10:15 am	M	439902

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jun 29	9:15 am-10:15 am	M	439946
Aug 10	9:15 am-10:15 am	M	439947

Gentle Fit-Fun for Older Adults

Put pep in your step with this introduction to gentle aeorbics and heart fit, using hand weights to improve strength & mobility. Perfect for someone just starting their fitness program.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Apr 01	10:30 am-11:30 am	W	458787

Gentle Joint & Stretch (Chair)

If you have balance or weight bearing difficulties, arthritis or osteoporosis, this class is for you! Low intensity exercise program seated or standing behind a chair. Use light weights and exercise tubing to strengthen the muscles needed for daily activities and develop flexibility and balance to prevent falls.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Apr 03	11:00 am-12:00 pm	F	439905

Happy Tappers—Intermediate/Advanced

Fun and exercise for experienced tap dancers. Learn the steps and put them together to snappy routines performed to popular music from the past and present. Tap dance shoes required.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Apr 03	10:00 am-11:00 am	F	439906

Jazz Fitness for Older Adults

A fitness program that's not intimidating, just invigorating! This active workout combines moderate exercise with jazz dance moves. Learn dance routines to lively music as you improve your strength, balance and flexibility. Knowledge of basic jazz steps is helpful for this class.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Mar 31	12:00 pm-1:00 pm	Tu	439907

Keep Fit for Bones—Level 1

A gentle and fun fitness class geared to those who have Osteoporosis or to prevent it. Light cardio, stretching and weight bearing exercises will build bones and muscle strength, guaranteed to make you stronger and more flexible. Do it for fun, do it for your bones!

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Mar 31	10:45 am-11:45 am	Tu	439908
Apr 02	10:45 am-11:45 am	Th	439909

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jun 30	10:45 am-11:45 am	Tu	439950
Jul 02	10:45 am-11:45 am	Th	439952
Aug 04	10:45 am-11:45 am	Tu	439951
Aug 06	10:45 am-11:45 am	Th	439953

Please Note: A valid Mississauga Seniors' Centre Membership is required to register for these programs.

Keep Fit for Bones—Level 2

A low but intense workout for those who have taken Keep Fit for Bones—Level 1 classes. Light aerobic, stretching and weight bearing exercises will build bones and muscle strength. Your bones will thank you.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Mar 31	9:30 am-10:30 am	Tu	439911
Apr 02	9:30 am-10:30 am	Th	439912

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jun 30	9:30 am-10:30 am	Tu	439954
Jul 02	9:30 am-10:30 am	Th	439956
Aug 04	9:30 am-10:30 am	Tu	439955
Aug 06	9:30 am-10:30 am	Th	439957

Line Dancing for Older Adults—Level 1

Line dancing is great physical and mental exercise. This low impact class incorporates rhythm, flexibility, memory, exercise and lots of laughter. Learn basic steps and combinations to a variety of music. No experience or partner necessary. For your safety, wear smooth bottom, soft soled shoes, not running shoes.

Fee: $51 Classes: 12

START	TIME	DAY	CODE
Apr 01	9:40 am-10:55 am	W	439913

Line Dancing for Older Adults—Level 2

Love Line Dancing? Are you ready for the next step? Join the fun with our Level 2 program. Participants are to have completed one full session of our Line Dancing Level 1 program.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Apr 01	11:35 am-12:35 pm	W	458782

Low Impact for Older Adults

This program reduces the impact of the aerobic component. Ending with a stretch and relaxation component, this class is suitable for all levels of fitness.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Mar 30	7:15 pm-8:15 pm	M	461307

Nordic Walking for Older Adults

This class uses specially designed walking poles to engage your upper body and turn your walk into a full body workout! This class reduces the stress on your joints, improves posture and increases the number of calories you burn. If you experience difficulties with stability, balance, are anxious about walking outdoors or recovering from an injury, this class will get you moving. Program will take place outdoors.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Apr 03	9:30 am-10:30 am	F	458783

On the Ball for Older Adults

Exercise with a stability ball to strengthen your back, tone abdominal muscles and improve balance. Additional equipment will be used. A challenging and fun coed fitness class for the more active participant that will keep muscles stronger and increase range of motion.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Apr 01	11:05 am-12:05 pm	W	439916

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jul 08	11:05 am-12:05 pm	W	439959
Aug 12	11:05 am-12:05 pm	W	439960

OsteoFIT for Older Adults

This class is specifically for Older Adults 60yr+ who have osteoperosis or for those wanting to prevent/ prolong the onset. If you have limited joint mobility & want to increase your bone density, this class is for you. Class format will include a short low impact segment, weight resistance work and gentle stretching.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Apr 01	9:15 am-10:15 am	W	458785
Apr 02	7:15 pm-8:15 pm	Th	458786

Please Note: A valid Mississauga Seniors' Centre Membership is required to register for these programs.

Fee: $33 Classes: 10

START	TIME	DAY	CODE
Mar 28	9:30 am-10:30 am	Sa	458784

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jun 27	9:30 am-10:30 am	Sa	461127
Jul 08	9:15 am-10:15 am	W	461130
Jul 09	7:15 pm-8:15 pm	Th	461131
Aug 08	9:30 am-10:30 am	Sa	461136
Aug 12	9:15 am-10:15 am	W	461134
Aug 13	7:15 pm-8:15 pm	Th	461142

Square Dancing—Olde Tyme—Beg/Int

Share good times and great music at this old time square dance class. Perfect for beginner and intermediate level participants and great exercise for the mind and body. Partner not required.

Fee: $35.70 Classes: 7

START	TIME	DAY	CODE
Apr 03	9:30 am-11:00 am	F	439931

Tai Chi Qigong for Older Adults—Level 1

A unique combination of Tai Chi moves with deep breathing exercises and slow meditative movements. Participants will feel an overall improvement in wellbeing and balance of mind and body.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Apr 01	10:30 am-11:30 am	W	439932

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jul 08	10:30 am-11:30 am	W	439967
Aug 05	10:30 am-11:30 am	W	439968

Tai Chi Qigong for Older Adults—Level 2

For those who have taken Tai Chi Qigong-Level 1 classes and are comfortable with Tai Chi Qigong movements and exercises. This program is a continuation of Level 1.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Mar 31	1:15 pm-2:15 pm	Tu	439933

Fee: $16.50 Classes: 5

START	TIME	DAY	CODE
Jul 02	10:45 am-11:45 am	Th	439969
Aug 06	10:45 am-11:45 am	Th	439970

Trail Walk & Tone for Older Adults

Walk safely with a qualified fitness instructor . Improve your over all health and walk some of the most beautiful trails in Mississauga.

Fee: $39.60 Classes: 12

START	TIME	DAY	CODE
Apr 01	10:00 am-11:00 am	W	439935

Yoga for Older Adults

A unique combination of gentle stretches and strengthening exercises with breathing and relaxation techniques. Working with breath and awareness of movements, new and experienced participants will become stronger and more flexible with improved balance.

Fee: $48 Classes: 12

START	TIME	DAY	CODE
Mar 31	9:30 am-11:00 am	Tu	439936
Apr 02	10:00 am-11:30 am	Th	439937

Fee: $20 Classes: 5

START	TIME	DAY	CODE
Jun 30	9:30 am-11:00 am	Tu	439971
Aug 04	9:30 am-11:00 am	Tu	439972

Yoga for Older Adults-Beginner

Want to learn Yoga? With a combination of gentle stretches and strengthening exercises with breathing and relaxation techniques, this class is perfect for beginners.

Fee: $36.30 Classes: 11

START	TIME	DAY	CODE
Apr 2	11:45 am-12:45 pm	Th	461089



Fit Fellows Program

Square One Older Adult Centre
Square One Shopping Centre
905-615-3207
www.sq1oac.com
Email: squareoneoac@rogers.com

Public Drop-in Hours

Mon–Fri: 8:30 am–4:30 pm
Sat: 9:00 am–4:00 pm

Location

The Square One Older Adult Centre is located on the lower level between The Bank of Montreal and The Bay. The Centre is a home base for older adult activity groups and clubs. It offers friendship and community through programs and services which focus on wellness and broadening horizons for older adults.

Yearly Memberships

Mississauga residents, 50 years of age and older (spouses may be younger than 50), are welcome to join the Centre at a cost of $24 ($28 for non residents) for the 2009 calendar year. A participant fee (minimum $1.50) is also charged for each visit to a program activity. Membership entitles you to participate in all activities, including:

Weekly Programs

Our seasonal brochure details our many programs available. A full complement of Spring programs will start the week of April 6th, 2009. Most programs are pay-as-you-go and on-going. The following is a list of the regular weekly programs offered at Square One Older Adult Centre.

Note: Spring Program Registration begins March 18th, 2009.

Active Programs

Co-ed Fitness classes, Pilates, Yoga, Core Strengthen, Mall Walkers, Chair-ercise, Table Tennis, Billiards, Taoist Tai Chi and Wii Bowling

Dance Classes

Line Dancing—Basic, Beginner and Intermediate, Belly Dancing, Jazz Dancing, Tap Dancing, Indian Folk Dancing, Ballroom & Hawaiian Dancing.

Cards and Games

Canasta, Euchre, Bridge, Cribbage, Gin Rummy, Rumoli, Introduction to Bridge and Bingo.

Health and Education

Foot Care, Sensible Living series, TOPS Weight Loss program, Meditation, Creative Writing, Computer Club, Gardener's Circle, Conversational Language, Travelogue, and Red Hat Society.

Music, Arts & Crafts

Craft Workshops, Bunka Embroidery, and Watercolour Painting.

Games

Chess and Dominos.

Special Events

The Centre hosts many special events each year including dances, luncheons and Broadway-style shows. Upcoming Events: Cruise Time, Murder Mystery, Spring Fashion Show, Beyond Ballroom, Spring Swap, Variety Show, and Nearly New Jewellery Sale.

Bus Trips

Monthly day trips are planned by the Movers and Shakers Travel Committee. Trips are reasonably priced and may include trips to the theatre, sight seeing excursions, boat cruises and Casinos. For more information, call 905-615-3208, Monday–Friday, 9:30 am–1:30 pm.

Cozy Corner Café

The Café is staffed by friendly volunteers Monday–Friday, 9:30 am–1:30 pm. The menu includes sandwiches, soups, bagels, desserts and various hot and cold drinks. A library of paperbacks, books on tape, magazines and puzzles is also located in the centre.

Volunteers

Volunteers are needed for a variety of tasks. If you would like to help, we would like to hear from you. Please drop in to fill out a Volunteer Application Form.

Square One Older Adult Centre/Burnhamthorpe

Older Adult Clubs at Square One OAC

The following older adult clubs meet at the Square One Older Adult Centre and make their program activities available to all Centre members:

Chinese Golden Age Seniors
Sunday, 1:00 pm–5:00 pm
Contact Leon Eng, 905-507-2280

Silayan Filipino Seniors' Volunteer Group
Saturday, 12:00 pm–3:00 pm
Contact Rudy Bombase, 905 874-6942

Multicultural Asian Seniors' Club of Mississauga
Monday and Wednesday, 12:30 pm–4:30 pm
Contact Mr. Gill, 905-507-4839

Elderly Vietnamese Association of Mississauga
Saturday, 12:45 pm–4:00 pm
Contact Mr. Anh Duong, 905-696-6841 or (for English) Phan Dam, 905-629-2283

Mississauga Caribbean Canadian Seniors
Saturday, 12:00 pm–3:00 pm
Contact Cynthia Houstan 905-896-3765

Goan Cultural Group
Wednesday 6:30 pm–9:00 pm
Contact Juliet Rebello, 905 276-7890

ALCE—Latin-American Art and Healing Group
Wednesdays, 2:00–4:00 pm in the Program Room
Elsa Galan 905-897-2495 and Silvia Damar Radvansky 905-822-9142

Room Rentals

Consider holding your meeting, class or special event in the bright, pleasant surroundings of our Centre. Call 905 615-3207 for rates and availability.



Community Centre Senior Clubs and Groups

Burnhamthorpe Community Centre
1500 Gulleden Dr., 905-615-4630

Burnhamthorpe Euchre Club
7:00 pm–10:00 pm, every Friday night. $3/visit
Fred Bilasz, 905-270-5875

Seniors Card Club—55 Years and Over
7:30 pm–10:00 pm, every Thursday night. $1.25/visit
Patricia Doyle, 905-624-0564

Iranian Seniors Socializing
Tuesdays, 10:00 am–2:00 pm
Pari Frardoubli, 905-277-3576

Mississauga Croatian Seniors Club
Cards, chess, socializing
Mon, Wed, Fri, 1:00 pm–4:00 pm
Located at Tomken Twin Arena
Monthly social functions—Fridays at Burnhamthorpe Community Centre
Vinko Saric, 905-846-7315

Indo-Canadian Seniors' Group
Cards and socializing:
Monday–Friday, 1:00 pm–4:00 pm
Nirwair Singh Sara, 905-890-1056

Learn and Live Friendship Club
Wednesday 1:00 pm–4:00 pm
(Pot Lucks, Bingo, Cards)
Mary, 905-624-6577

Burnhamthorpe Italian Seniors
Cards and socializing:
Monday–Friday, 1:00 pm–4:00 pm
Renato Conti, 905-615-4630

Drop-In Seniors Programs

Monday—starting Monday, Sept. 15th
10:00 am–12:00 pm
Seniors Skate at Burnhamthorpe (free)

Thursday
10:00 am–11:00 am Osteo Fitness*
($5.84/visit, $24.10/5 visits)

Friday—starting Friday, Sept. 19th
10:00 am–12:00 pm
Seniors Skate at Burnhamthorpe (free)

Badminton—Seniors
Tues & Thurs (Spring),1:00 pm–3:00 pm
Wed (Summer), 1:00 pm–3:00 pm
$1.25/visit plus $10 one year membership

Clarkson Community Centre
2475 Truscott Dr., 905-615-4840

Clarkson Seniors Association Programs

Monday
9:00 am–10:00 am, Fitness
10:15 am–11:15 am, Fitness
10:00 am–12:00 pm, Crafts
1:30 pm–3:30 pm, Carpet Bowling

Tuesday
10:00 am–12:00 pm, Quilting

Wednesday
9:00 am–10:00 am, Fitness
10:15–11:15 am, Fitness
1:00 pm–4:00 pm, Ballroom Dancing
1:00 pm–4:00 pm, Bridge
1:00pm–4:00 pm, Pickleball

Thursday
10:00 am–12:00 pm, Line Dancing
1:00 pm–3:00 pm, Euchre

Friday
9:00 am–10:15 am, Tai Chi
9:00 am–10:00 am, Fitness
10:15 am–11:15 am, Fitness
1:30 pm–3:30 pm, Carpet Bowling

A membership for the Clarkson Seniors' Association is only $10 a year. Join now to participate in a variety of fun activities including day trips and special events.

Silver Lining Filipino Seniors
1st and 3rd Saturdays of the month, 1:00 pm–4:00 pm
Estelito Cruz, 905-712-1205

Huron Park Community Centre
830 Paisley Blvd. W., 905-615-4820

Huron Park Seniors Activity Schedule
Older Adult Fitness Memberships available at Community Centres. See page 237 for details.

Monday:
10:30 am, Mind, Body and Core Strength
12:45 pm–3:00 pm, Bridge Club—
New players welcome!
1:00 pm–2:15 pm, Tai Chi Qigong

Tuesday
9:15 am–10:15 am,Yoga Fit
10:30 am, Totally Toning
1:00 pm–3:00 pm, Badminton

Wednesday
9:30 am–10:30 am, Therapeutic Body Movement
11:30 am–12:30 pm, Osteo-Fitness

Thursday
9:30 am–10:30 am, Drop-in Pilates
10:30 am, Totally Toning

Friday
10:30 am–11:30 am, Yoga Fit
11:30 am–12:30 pm, Chair-ercise

Call Community Centre for Spring/Summer Schedule.

Day Excursions
Interesting Bus Trips planned. If you would like to be on the mailing list, call 905-615-4820.

Indoor Bocce & Social Club
Monday–Thursday 1:00 pm–4:00 pm

For more information, call Nick Litterio at 905-279-5076 for more information.

Huron Park offers Therapy pool programs.
See page 44 for details.

Frank McKechnie Community Centre
310 Bristol Road East, 905-615-4660

Older Adult Activity Group
Krish Mehta, 905-507-1988
Table Tennis, Badminton
Tues, 1:30 pm–4:00 pm
Wed, 12:30 pm–3:00 pm

Chinese Older Adult Group
Dancing, Tai Chi & Conversation
Thurs, 9:30 am–11:30 am
Fri, 1:00 pm–4:00 pm

Malton Community Centre
3540 Morning Star Dr., 905-615-4640

Malton Seniors, Club 231
Mrs. Susie McCoy, 905-677-2909

Tuesday
9:30 am–11:30 am, Whist
1:00 pm–4:00 pm, Euchre

Wednesday
9:00 am–12:00 pm, Bid Euchre

Thursday
1:00 pm–4:00 pm, Cribbage
7:00 pm–10:00 pm, Meeting/Activity
(2nd & 4th Thurs)

Malton Italian Seniors

Men's
Monday–Fri 12:00 pm–4:30 pm,
Cards/social activities
Mr. Dominico Piccinini, 905-672-9436

Women's
Wednesday, 12:15 pm, Bingo
Mrs. Maria Cortese

Malton Senior Asians

Monday–Friday
1:00 pm–4:30 pm, Cards/social activities
Mr. Piara Singh Toor, 905-677-2909

Malton Senior Friendship Drop-In
Tuesday, 9:00 am–12:00 pm. Activities include bingo, carpet bowling, socializing, exercise and occasional trips.
Sylvia Hanson, 905-672-1995

Malton Senior Multicultural Assoc.
Saturday, 1:00 pm–4:00 pm
Mr. Hasan Mohammad Khan, 905-612-0646

Malton Caribbean Seniors
Monday, 1:30 pm–3:30 pm
Cards and socializing
Malton Neighborhood Services, 905-677-6270

Malton Aqua Fitness
Call Malton Information, 905-615-4640

Malton Senior Line Dancing
Wednesday, 9:30 am–11:30 am, $2/visit
William Murray, 905-455-0773

Meadowvale Community Centre
6655 Glen Erin Dri., 905-615-4710

Meadowvale Seniors' Social Club
Lois Jordann, 905-858-0817

Monday
12:30 pm–3:00 pm, Fixed Partner Bridge
1:00 pm–3:00 pm, Carpet Bowling

Tuesday
10:00 am–11:30 am, Line Dancing
1:00 pm–3:30 pm, Crafts/Euchre

Wednesday
12:00 am–4:00 pm, Bingo & Snooker

Thursday
12:00 pm–4:00 pm, Bridge & Cribbage

Friday
12:00 pm–4:00 pm, Euchre & Bridge

Mississauga Valley Community Centre
1275 Mississauga Valley Blvd., 905-615-4670

Filipino Seniors of Mississauga
Ching Quejas, 905-275-1372

Wednesday

5:00 pm–8:00 pm, Choir, Bingo, Folk Dancing

Saturday

11:00 am–5:00pm, Weekly Meeting, Crafts, Social

Mississauga Italian Canadian Seniors
Giuseppe Sciortino, 905-890-3648

Monday–Friday

1:00 pm–4:00 pm, Cards, Bingo

Mississauga Valley Seniors
Ernie Searle, 905-848-9212

Tuesday

1:00 pm–4:00 pm, Cards, Carpet Bowling

Monday, Wednesday, Friday

1:30pm–3:30 pm, Badminton
(Mississauga Valley Gymnasium)

Casa de los Abuelos
Antonio Perello, 905-290-9128

Sunday

2:00pm–5:00 pm, Social



River Grove Community Centre
5800 River Grove Ave., 905-615-4780, ext. 2319

For more information about Gentle Aqua Fitness, see page 42.

Older Adult Fitness Memberships, see page 166.

River Grove Seniors' Friendship Club
905-615-4780, ext. 2319

A place for all to enjoy!

Spring Schedule

Monday

10:00 am–12:00 pm, Carpet Bowling
12:30 pm–3:30 pm, Badminton
1:15 pm–2:15 pm, Fitness

Tuesday

9:30 am–12:30 pm, Ping Pong
12:30 pm–3:30 pm, Cards (Bridge,Euchre)

Wednesday

10:00 am–11:00 am, Yoga (10–week program)
11:15 am–12:15 pm, Ballroom Line Dancing
(10–week program)
12:30 pm–3:30 pm, Badminton
1:00 pm–3:30 pm, Crafts, Cribbage
1:15 pm–2:00 pm, Fitness

Thursday

9:30 am–11:30 am, Pickleball
10:00 am–10:30 am, Beginner Line dancing
10:30 am–11:30 am, Line dancing
11:30 am–12:30 pm, Tai Chi
12:30 pm–3:30 pm, Ping Pong
1:00 pm–3:00 pm, Bingo

Friday

10:00 am–12:00 pm, Ballroom Dancing
1:15 pm–2:15 pm, Fitness

Casino Rama and other trips monthly.

River Grove South Asian Seniors

Cards and Socializing:
Monday–Friday, 1:00 pm–4:00 pm

South Common/Streetsville Kinsmen and Senior Citizens' Centre

South Common Community Centre
2233 South Millway, 905-615-4770

Credit Valley Seniors' Club
For more information, call 905-615-4770, ext. 2267.

Please join us and participate in the following activities:

Monday

9:15 am–10:15 am, Chair-Ercise
10:30 am–11:30 am, Osteoporosis Fitness**
11:45 am–1:15 pm, Carpet Bowling

Tuesday

10:30 am–11:30 am, Keep Fit**
12:45 pm–3:45 pm, Shuffleboard

Wednesday

10:30 am–11:30 am, Chair-Ercise
1:30 pm–3:30 pm, Club Meeting & Social**
(1st & 3rd of each month)

Thursday

9:00 am–10:00 am, Keep Fit
10:15 am–11:45 am, Line Dancing
1:00 pm–3:30 pm, Social Cards (Bridge, Euchre)

Friday

1:00 pm–3:30 pm, Table Tennis, Games, Bingo and Crafts

****Spring Only**

Please check the bulletin board for various day trips scheduled through the Credit Valley Seniors' Club.

Please Note: Seniors Pickle Ball activity is scheduled every Tuesday from 1:00 pm–3:30 pm.

Streetsville Kinsmen and Senior Citizens' Centre
327 Queen St. S.

Streetsville Seniors Club
Hasel Dalgleish, 905-542-3723

Have fun and participate in the following activities:

Tuesday

11:30 am, Line Dancing
1:45 pm, Bias Carpet Bowling

Wednesday

1:30 pm, Club Meetings (1st, 3rd)

Thursday

11:00 am, Bridge and Euchre

Other Special events: Seasonal Euchres, Festive Dinners and Various Bus Trips are planned throughout the year.

