

## Square One Older Adult Centre



**Square One Older Adult Centre**  
**Square One Shopping Centre**  
905-615-3207  
sq1oac.com  
E-mail: squareoneoac@rogers.com

### Public Drop in Hours

Mon-Fri: 8:30 a.m. - 4:30 p.m.

Sat: 9:00 a.m. - 4:00 p.m.

### New & Exciting!

Square One Older Adult Centre now holds programs at its new satellite facility, Meadowvale West Church Centre, 6945 Meadowvale Town Circle. Programs run Mon - Fri, 9:00 a.m. - 3:00 p.m. for seniors 50+ and include line dancing, yoga, Zumba Gold, coed fitness, art classes, computer programs and more. Call **905-363-0123** for more information.

### Location

The Square One Older Adult Centre is located on the lower level between The Bank of Montreal and The Bay. The Centre offers older adults friendship and community through programs and services which focus on wellness, vitality and broadening horizons. The Centre is also a home base for a variety of ethno-cultural groups and clubs for older adults. Our centre may be updating during the spring and summer. Please call to ensure program availability.

### Membership Information

Mississauga residents, 50 years of age and better (spouses may be younger than 50), are welcome to join the Centre for \$26 (\$30 non-residents) for 2013 calendar year. A participant fee is also charged for visit to a program activity.

### Weekly Programs

Our seasonal brochure details our many programs and is available by calling 905-615-3207 or visiting sq1oac.com. Most programs are pay-as-you-go and ongoing. Those with an asterisk (\*) are pre-registered.

### Active Programs

Coed fitness classes, Pilates\*, Yoga\*, mall walkers, chair-ercise, table tennis, urban pole walking, Taoist Tai Chi, Wii bowling, Crane Qi Gong & Zumba Gold, laughter yoga.

### Dance Classes

Line dancing-basic\*, beginner and intermediate, belly dancing, ballroom dancing, dance workshops and performance class.

### Cards and Games

Euchre, bridge, cribbage, dominoes and bingo.

### Interest & Education

Meditation, creative writing, computer club, Internet café, gardener's circle and Book Club. A library of paperbacks, books on tape, computers, magazines & puzzles is also located in the Centre.

### Music, Arts & Crafts

ALCE Arts in Healing (Spanish language), craft workshops, bunka embroidery, watercolour painting\*, beading workshop, choral vocal lessons, drawing classes, art history workshops and intergenerational therapeutic drumming.

### Special Events

The Centre hosts many special events each year including dances, luncheons and Broadway-style shows. Upcoming spring and summer events include: Beyond ballroom, bridge tournament, variety show, free seniors' month events, murder mystery & more. Be sure to visit our website at sq1oac.com to see our upcoming special events of call 905-615-3207.

### Bus Trips

Monthly day trips are planned by the Movers and Shakers Travel Committee. Trips are reasonably priced and destinations may include theatres, boat cruises, gourmet excursions and casinos. For more information call 905-615-3208, Monday through Friday from 9:30 a.m. - 1:30 p.m. We also work with several tour companies to offer reasonably priced seniors tours. Future trips may include China, Vietnam and Cambodia, Holland Tulip Time River Cruise, Taiwan and Guilin, Bermuda Bus and Cruise Package, Morocco and Boston.

### 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 and fill out a Volunteer Application Form.

### Square One Seniors Wellness Services

The following services are provided free of charge by the newly established Square One Seniors Wellness Services: Telephone Reassurance, Circle of Friends support group, Sensible Living Series, Health Lecture Series, and individual counselling. Please contact the Centre at 905-615-3207 or e-mail [squareonesws@rogers.com](mailto:squareonesws@rogers.com) for further information.

Charitable Registration #: 819595893RR001

### Older Adult Clubs at Square One O.A.C.

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 - 5:00 p.m.

Contact Andrew Lee, 905-270-8239

#### Silayan Filipino Seniors' Volunteer Group

Saturday, noon-4:00 p.m.

Contact Rudy Bombase, 905-874-6942

#### Multicultural Asian Seniors

Wednesday, 12:30 - 3:30 p.m.

Contact Mr. Gurmel Gill, 905-507-4839

#### Elderly Vietnamese Association of Mississauga

Saturday, 12:45 - 4:00 p.m.

Contact Diep Tran, 905-212-7164 or (for English) Phan Dam, 905-629-2283

#### Mississauga Caribbean Canadian Seniors

Saturday, noon-3:00 p.m.

Contact Cynthia Houston 905-896-3765

#### Goan Cultural Group

Wednesday, 6:30 - 9:00 p.m.

Contact Juliet Robello, 905-276-7890

#### ALCE—Latin—American Art and Healing Group

Wednesday, 2:00 - 4:00 p.m. in the Program Room

Contact Elsa Galan, 905-897-2495 and Silvia Damar Radvansky 905-822-9142

#### Square One Deaf Seniors Club

Monday — twice a month, 2:00 - 4:00 p.m.

Marty Goldstein or Sally Wall

[squareonedeafseniorsgroups@yahoo.ca](mailto:squareonedeafseniorsgroups@yahoo.ca) or [swall@chs.ca](mailto:swall@chs.ca)

### 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 and check the facility page on our website [sq1oac.com](http://sq1oac.com).

### Community Centre Senior Clubs and Groups

#### Burnhamthorpe Community Centre

1500 Gullelen Dr., 905-615-4630

#### Seniors Card Club—55 Years and Over

7:30 - 10:00 p.m. every Thursday night. \$1.25/visit

Patricia Doyle, 905-624-0564

#### Iranian Seniors Socializing

Tuesdays, 11:00 a.m. - 4:00 p.m.

Mahin Khabir, 416-483-5094

#### Mississauga Croatian Seniors Club

Cards, chess, socializing

Mon, Wed, Fri, 1:00 - 4:00 p.m.

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 - 4:00 p.m.

Nirwair Singh Sara, 905-285-0397

#### Learn and Live Friendship Club

Wednesday 1:00 - 4:00 p.m.

(Pot lucks, bingo, cards)

Mary, 905-624-6577

#### Burnhamthorpe Italian Seniors

Cards and socializing

Monday—Friday, 1:00 - 4:00 p.m.

Renato Conte, 905-276-7580

#### Drop in Older Adult Programs

##### Older Adult Skates—Starting Sept. 17th to March 8

Monday and Friday (until end of March)

9:30 - 11:30 a.m.

#### Badminton

Spring: Tues & Thurs, 1:00 - 3:15 p.m.

Summer: Tues & Thurs, 12:45 - 3:00 p.m.

## Clarkson/Frank McKechnie/Huron Park

### Clarkson Community Centre

2475 Truscott Dr., 905-615-4840 ext. 7100

#### Clarkson Seniors' Association Drop in Programs

##### Monday

9:15 - 10:15 a.m. Fitness  
 10:30 - 11:30 a.m. Fitness  
 10:00 a.m. - noon, Crafts  
 1:30 - 3:30 p.m. Carpet bowling

##### Tuesday

9:30 - 11:00 a.m. Tai chi  
 10:00 a.m. - noon, Quilting  
 1:00 - 4:00 p.m. Ballroom, line dancing

##### Wednesday

9:15 a.m. - 10:15 a.m. Fitness  
 10:30 a.m. - 11:30 a.m. Fitness  
 1:00 p.m. - 4:00 p.m. Bridge

##### Thursday

10:00 a.m. - noon, Line dancing  
 1:00 p.m. - 3:00 p.m. Euchre

##### Friday

9:30 - 11:00 a.m. Tai chi  
 9:15 - 10:15 a.m. Fitness  
 10:30 - 11:30 a.m. Fitness  
 1:30 - 3:30 p.m. Carpet bowling

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

### Frank McKechnie Community Centre

310 Bristol Road East, 905-615-4660

#### Mississauga Jiahua Chinese Senior Association

Angela Wang, 416-529-6988  
 angelaje4718@hotmail.com

##### Monday

1:00-2:30 p.m. Advanced Calligraphy  
 2:30-4:00 p.m. Chinese Painting

##### Thursday

9:15 - 10:30 a.m. Tai chi practice  
 10:30 a.m. - noon Tai chi beginner, 42 Style, Tai chi shan  
 9:15 - 10:30 a.m. Chinese folk dance  
 10:30 a.m. - noon Line dance from beginner

to intermediate  
 9:15 - 10:45 a.m. Choir

##### Friday

9:30 - 11:00 a.m. Social ballroom dance  
 11:00 a.m. - 12:30 p.m. International standard ballroom dance  
 12:30 - 1:30 p.m. Erho  
 1:30 - 3:00 p.m. Instrumental ensemble  
 9:15 - 10:45 a.m. Advanced painting course  
 11:00 a.m. - 12:30 p.m. Basic English conversation  
 12:30-4:00 p.m. Table tennis for seniors

\* Membership fee will apply to the Jiahua Seniors Association

### Huron Park Recreation Centre

830 Paisley Blvd. W., 905-615-4820

Huron Park Older Adult Activity Schedule Older Adult Fitness Memberships available at centres.

##### Monday

10:30 - 11:30 a.m. Drop in Mind, Body and Core Strength  
 Noon - 3:00 p.m. Bridge club-new players welcome!

##### Tuesday

9:15 - 10:15 a.m. Drop in Yoga  
 10:30 - 11:30 a.m. Drop in Totally Toning  
 10:45 - 11:45 a.m. Drop in Stronger & Steadier Level  
 1:00 - 3:00 p.m. Drop in Badminton

##### Wednesday

10:30 - 11:30 a.m. Drop in Therapeutic Body Movement  
 11:30 - 12:30 p.m. Drop in Osteo-Fitness

##### Thursday

9:15 - 10:15 a.m. Drop in Totally Toning  
 10:30 - 11:30 a.m. Drop in Yoga

##### Friday

10:30 a.m. - 11:30 a.m. Drop in Yoga  
 11:30 a.m. - 12:30 p.m. Drop in Chair-ercise  
 Call community centre for fall/winter schedule.

#### Sweet Success Program

Huron Park Fitness Centre and Trillium Diabetes Management Centre offer a one hour fitness class designed specifically for people with diabetes. The

participants are encouraged to work at their own pace working through a variety of exercises for increased health benefits. The program is called "Sweet Success" and the Trillium Health Centre's Diabetes Management Centre is the starting point to be referred to the classes. Call 905-848-7545.

**Class Time:**

Monday – 2:00 - 3:00 p.m.  
Wednesday – 6:30 - 7:30 p.m.  
Thursday – 2:00 - 3:00 p.m.

**Huron Park Indoor Bocce & Italian Social Club**

Monday-Thursday, 1:00 - 4:00 p.m.  
Bocce & cards, bus trips & Friday night euchre  
Nick Litterio, 905-279-5076

**Huron Park Italo Canadian Seniors Club**

Monday-Friday, 12:30 - 4:00 p.m.  
Cards, socialize & bus trips  
Frank Stendardo, 905-275-6285

**Huron Park offers Therapy pool programs.**

See page 31 for details.

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

**Malton Seniors, Club 231**  
Susie McCoy, 905-677-2909

**Tuesday**

9:30 - 11:30 a.m. Whist  
1:00 - 4:00 p.m. Euchre

**Wednesday**

9:00 a.m. - noon, Bid euchre

**Thursday**

1:00 - 4:00 p.m. Cribbage  
7:00 - 10:00 p.m. Meeting/activity  
(second & fourth Thurs)

**Malton Italian Seniors**

**Men's**

Monday-Saturday 12:30 - 4:30 p.m.  
Cards/social activities  
Tony Chiampa, 905-678-1779

**Women's**

Wednesday, 12:30 - 4:00 p.m. Bingo  
Mary Cortese, 905-677-6270

**Malton Senior Asians (Malton CC)**

**Monday-Friday**

12:30 - 4:30 p.m. Cards/social activities  
Piara Singh Toor, 905-672-9985

**Malton Senior Friendship Drop in**

Tuesday, 9:00 a.m. - noon. Activities include bingo, carpet bowling, socializing, exercise and occasional trips.  
Yvette Morgan, 905-672-1995

**Malton Senior Multicultural Assoc.**

Monday - Friday 1:00 - 4:30 p.m. Malton Hall  
Saturday, 11:00 a.m. - 4:00 p.m. Malton CC  
Darshan Jarmana, 647-708-4698

**Malton Caribbean Seniors**

Monday, 1:30 - 3:30 p.m.  
Cards and socializing  
Malton Neighbourhood Services, 905-677-6270

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

**Meadowvale Seniors' Social Club**  
Bernard Jordann, 905-858-0817

**Monday**

12:30 - 3:30 p.m. Fixed Partner bridge  
1:00 - 3:00 p.m. Carpet bowling

**Tuesday**

10:00 - 11:30 a.m. Line dancing  
1:00 - 3:30 p.m. Crafts, euchre & bridge

**Wednesday**

Noon - 4:00 p.m. Bingo & snooker

**Thursday**

Noon - 4:00 p.m. Bridge & cribbage

**Friday**

Noon - 4:00 p.m. Euchre & bridge

## Mississauga Valley/ River Grove/South Common

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

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

### Wednesday

5:00 - 8:00 p.m. Choir, bingo, folk dancing

### Saturday

11:00 a.m. - 5:00 p.m. Weekly meeting, crafts, social

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

### Monday-Friday

1:00 - 4:00 p.m. Cards, bingo

**Mississauga Valley Seniors**  
Marion McGiffen, 905-625-0396

### Tuesday

1:00 - 4:00 p.m. Cards, carpet bowling

### Wednesday, Friday

1:30 - 3:30 p.m. Badminton

### Casa de los Abuelos

Antonio Perello, 905-290-9128

### Sunday

2:00 - 5:00 p.m. Social

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

For more information about Gentle Aquafitness, see page 36. Program also offered at Erin Meadows CC and Mississauga Valley CC.

Due to facility closure please contact the River Grove senior clubs directly for programming schedules and locations for summer 2013.

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

A place for all to enjoy!

### Monday

10:00 a.m. - noon, Carpet bowling  
12:30 - 3:30 p.m. Badminton  
1:15 - 2:15 p.m. Fitness

### Tuesday

9:30 a.m. - 12:30 p.m. Ping pong  
12:30 - 3:30 p.m. Cards (euchre)  
10:00 a.m. - noon Curling

### Wednesday

10:00 - 11:00 a.m. Yoga (10 week program)  
11:15 a.m. - 12:15 p.m. Ballroom, line dancing (10 week program)  
1:00 - 3:00 p.m. crafts  
12:30 - 3:30 p.m. Badminton  
1:15 - 2:15 p.m. Fitness

### Thursday

9:30 - 11:30 a.m. Pickleball  
10:00 - 11:00 a.m. Line dancing  
11:30 a.m. - 12:30 p.m. Tai chi  
12:30 - 3:30 p.m. Ping pong  
1:00 - 3:00 p.m. Bingo

### Friday

10:00 a.m. - noon, Ballroom dancing  
1:15 - 2:15 p.m. Fitness  
Casino Rama and other trips monthly.

### River Grove South Asian Seniors

Cards and socializing:  
Monday-Friday, 1:00 - 4:00 p.m.

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**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 in the following activities:

### Monday

9:15 - 10:15 a.m. Chair-ercise  
10:30 - 11:30 a.m. OsteoFit (spring only)  
11:45 a.m. - 1:15 p.m. Carpet bowling  
1:30 - 2:30 p.m. Line dancing (beginner)  
3:00 - 4:30 p.m. Art classes

### Tuesday

9:30 - 10:30 a.m. Yoga  
11:00 a.m. - noon Keep Fit (spring only)  
12:45 - 3:45 p.m. Shuffleboard

**Wednesday**

10:30 - 11:30 a.m. Chair-ercise  
1:00 - 3:30 p.m. Club meeting & social (spring only)  
(first & third of each month)

**Thursday**

9:00 - 10:00 a.m. Keep Fit (spring only)  
10:15 - 11:45 a.m. Line dancing (Intermediate)  
1:00 - 3:30 p.m. Social cards, euchre

**Friday**

9:30 - 10:30 a.m. Seniors Yoga  
1:00 - 3:30 p.m. Bingo, table tennis  
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 1:30 - 3:30 p.m.**

**Silver Lining Filipino Seniors' Association**

Saturdays- monthly  
Contact: Mr. Estelito Cruz, 905-712-1205

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

**Streetsville Seniors Club**

Al Ridley, 905-858-1313  
Have fun and participate in the following activities:

**Monday**

1:00 p.m. Line dancing

**Tuesday**

1:45 p.m. Bias carpet bowling

**Wednesday**

1:30 p.m. Club meetings (first, third)

**Thursday**

11:00 a.m. Bridge & euchre  
Other special events: seasonal euchres, festive dinners, summer picnic and various day trips are planned throughout the year.

**Next Step to Active Living**



**A Stepping Stone to a Healthy Active Lifestyle**

Next Step to Active Living, a therapeutic recreation program offers a supportive environment for adults aged 21 and over with acquired physical disabilities. The program offers opportunities to develop independence through various recreation and leisure activities while improving physical, social, emotional and mental well-being.

Offered at South Common CC and Huron Park RC. A modest fee is charged per session.

For more information, call 905-615-4770, ext. 2279 or visit [mississauga.ca/nextstep](http://mississauga.ca/nextstep)