

**Older Adult**



Tai Chi at Square One Older Adult Centre

**Older Adults in the Know, at [www.mississauga.ca/olderadults](http://www.mississauga.ca/olderadults)**

Your connection to information and resources for older adults, seniors, family members and caregivers about active aging, health, transportation, support & safety, housing and government. Explore the website and take advantage of the facilities and programs available to help you be active and engaged in Mississauga.

**Older Adult Services**

**We do not stop playing because we grow old; we grow old because we stop playing.** The City of Mississauga offers a variety of programs, activities and opportunities for older adults to play! Throughout the City, we have eight community centres that are yours to participate in whether you enjoy passive activities such as cards or active programs to promote physical health benefits. Mississauga is fortunate to have a wonderful facility called the Mississauga Seniors' Centre! This community centre caters to individuals 60 years and older & is home to a wide variety of stimulating and social activities for older adults. In addition, Square One Older Adult Centre welcomes adults 50 years and older, packed full of activities to enjoy!

Be sure to visit one of your local centres, to keep your mind fit & your body trim!

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

**Why Is Physical Activity Such a Big Deal?**

Regular exercise and physical activity are important to the physical and mental health of everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

In addition, regular exercise and physical activity can reduce the risk of developing some diseases and disabilities that develop as people grow older.

**What's the Difference Between Physical Activity and Exercise?**

Both terms refer to the voluntary movements you do that burn calories. Physical activities are activities that get your body moving such as gardening, walking the dog, raking leaves, and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or a fitness class.

The bottom line? There are many ways to be active every day. Find something you enjoy doing and include it in your regular routine.

**Exercise and physical activity benefit every area of your life. They can:**

- Help maintain and improve your physical strength and fitness.
- Help improve your ability to do the things you want to do.
- Help improve your balance.
- Help manage and prevent diseases like diabetes, heart disease, breast and colon cancer, and osteoporosis.
- Help reduce feelings of depression, may improve mood and overall well-being, and may improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

**You can do it—Get Ready, Get Set and GO.... at your local community centre, Seniors Centre or Square One Older Adult Centre!**

### 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: Fitness, Gentle Joint & Stretch, OsteoFit, Nordic Walking, Functional Fitness, Fit Fellows, Chair-ercise, Tai Chi, Jazz, Line Dancing, Yoga, Zumba Gold Fitness, & much more.

### District 20, Mississauga Senior Games

#### "55+ Friendly Senior Games"

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



Experience the spirit of friendly competition in any of the following Senior Games Events:

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



Senior Games Pickleball

The Games are held throughout the year and take place various locations across the City. More detailed information will be available at all community centres and libraries or call:

Mississauga Seniors' Centre, 905-615-4810 or  
Mississauga Sports Council, 905-267-3536.

If you would like to have a representative from the Senior Games Committee to come out and speak to your group about how to get involved, please call us.

### Mississauga Seniors' Centre

1389 Cawthra Rd., 905-615-4810  
[www.mississauga.ca/olderadults](http://www.mississauga.ca/olderadults)

**The Centre is open 7 days a week. Stop by and pick up a seasonal newsletter for details.**

#### Location

The centre is located on Cawthra Road 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 or older). The 2011 membership fee is **\$24.13** for residents and **\$28.55** for qualifying non-residents plus applicable taxes. 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. Contact the Centre for volunteer opportunities such as:

- 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.

Fall and Winter events: Art Show & Sale, AGM, Christmas Celebrations and New Years' Day Event.

Be sure to visit our website at [www.mississauga.ca/olderadults.ca](http://www.mississauga.ca/olderadults.ca) to see our upcoming special events. Call 905-615-4810 for more information.

**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, and website for details on the Fall & Winter excursions—Trips include: theatres, tours & more [www.mississauga.ca/olderadults](http://www.mississauga.ca/olderadults)

**Garden Café—Affordable lunch with friends every day**

Operates Monday to Friday from 9:00 am-1:00 pm  
Delicious items for you to enjoy including soup, sandwiches, muffins, pastries, tea, coffee, juice and more.

**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, bingo, bid-euchre, dancing, table tennis, bias bowls, snooker (Pool Room ), cribbage, pickle ball, badminton, horseshoes, computer club, digital imaging, investment club and year long walking programs.

**Volleyball Coed ( Age 55 years + )**

If you 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. Call John Rozenberg at 905-891-5396 for more information.

**Cawthra Seniors Golf Club**

Do you like to Golf? We are looking for golfers aged 55 yrs + for the upcoming 2012 season. Club plans are underway for both 9 & 18 hole golfing. For more information please call Lloyd at 905-896-1236



OsteoFIT for Older Adults

**Computer Lessons for Older Adults**

Beginners are welcome! Enjoy life-long learning with our computer courses specially designed for older adults. Lesson offered in Word, E-mail, Internet, Picassa, E-Bay & Power Point, Beginner, Facebook and Blackberry classes. Call 905-615-4810 for details.

**Older Adult Clubs at the Centre**

**55 Plus Goan Association—West GTA**

Contact: Juliet Rebello, 905-276-7890

**Italo-Canadian Bingo Club**

Contact Nancy, 905-232-5381

**Room Rentals**

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

**Registered Programs**

Register on-line, Touch Tone Registration, or at any community centre provided you have a current Seniors Centre Membership.

Fall programs begin the week of Sept. 19th. Winter programs begin Jan. 9th. Registration for both the fall & winter sessions begins August 13th. Register in person during regular Centre office hours, beginning August 22nd.

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.

**ALL FEES ARE SUBJECT TO APPLICABLE TAXES.**

**Bridge Basics**

An introductory course for the beginner. Learn the requirements for all opening bids, responses and rebids including basic defense.

Age: 60Y and up      Fee: \$43.39      Classes: 5

START	TIME	DAY	CODE
Oct 12	1:30 pm-3:30 pm	W	543802

**Bridge Lessons Intermediate**

Bridge Lessons Intermediate is for well informed Bridge players who are not quite yet ready to play in a large group.

All Ages      Fee: \$43.39      Classes: 5

START	TIME	DAY	CODE
Oct 06	1:30 pm-3:30 pm	Th	543803

**Chair-Rise UP exercise**

Move your body up, move your body down with our rise UP program. Not quite ready for a full standing physical activity program and too active for sitting? Rise UP with weights and a groove to songs to make you smile & make your heart beat!

Age: 60Y and up      Fee: \$39.84      Classes: 11

START	TIME	DAY	CODE
Sep 20	1:30 pm-2:30 pm	Tu	543804

**Computers-Beginners for Older Adults**

Learn the four basic computer components in our beginner course. Course includes turning computer on & off, scrolling, how to use the mouse, task bars, icons and more.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Oct 04	1:00 pm-3:00 pm	Tu	543806
Oct 26	10:00 am-12:00 pm	W	543805
Nov 09	10:00 am-12:00 pm	W	543807
Jan 17	10:00 am-12:00 pm	Tu	543860
Feb 08	1:00 pm-3:00 pm	W	543861
Feb 24	1:00 pm-3:00 pm	F	543862
Mar 20	1:00 pm-3:00 pm	Tu	543863

**Computers-EBay for Older Adults**

This course gets you started on buying and selling on EBay. Use this on-line market place to sell unwanted items, to fill those gaps in your collection or to get an idea of what your 'treasures' are worth. The course also introduces you to 'Paypal', a convenient and safe way to handle the financial side of your transactions.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Nov 14	1:00 pm-3:00 pm	M	543810

**Computers-E-mail for Older Adults**

Learn how to compose & send e-mails, work with attachments, set up an address book, replying, forwarding & more with our e-mail course.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Sep 21	1:00 pm-3:00 pm	W	543808
Oct 26	1:00 pm-3:00 pm	W	543809
Jan 31	1:00 pm-3:00 pm	Tu	543864
Feb 29	10:00 am-12:00 pm	W	543865

**Computers-Facebook (TM) & Blackberry (TM) for Older Adults**

The computer world is your oyster, come join us! Facebook (TM) & Blackberry (TM) tutorials of how to connect with friends of the past & families around the world.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Oct 12	1:00 pm-3:00 pm	W	543811

**Computers-Internet Level 1 for Older Adults**

Already have the basics and ready to learn more? Learn how to set your favourites, desktop, explore search engines, links, google text and more.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Sep 27	1:00 pm-3:00 pm	Tu	543812
Nov 01	1:00 pm-3:00 pm	Tu	543813
Jan 18	10:00 am-12:00 pm	W	543866
Feb 28	1:00 pm-3:00 pm	Tu	543867

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

**Computers-Internet Level 2 for Older Adults**

Level 2 will offer you the opportunity to explore directores, hard drives, URL's, in addition to learning how to burn cds, and work with a memory stick.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Jan 31	10:00 am-12:00 pm	Tu	543868

**Computers-Picasa for Older Adults**

Picasa is a software application for organizing and editing digital photos. Learn tips & tricks from our instructor with this popular course. Please bring your camera with you to class.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Sep 23	1:00 pm-3:00 pm	F	543815
Nov 16	1:00 pm-3:00 pm	W	543814
Jan 17	1:00 pm-3:00 pm	Tu	543870
Feb 28	10:00 am-12:00 pm	Tu	543869
Mar 21	10:00 am-12:00 pm	W	543871

**Computers-WORD for Older Adults**

Learn how to create & save documents, work the toolbar, format, edit, copy, paste and more with our Word introductory course.

Age: 60Y and up      Fee: \$40.20      Classes: 2

START	TIME	DAY	CODE
Sep 27	10:00 am-12:00 pm	Tu	543816
Nov 03	10:00 am-12:00 pm	Th	543817
Jan 18	1:00 pm-3:00 pm	W	543874
Feb 14	10:00 am-12:00 pm	Tu	543872
Mar 23	10:00 am-12:00 pm	F	543873

**Cooking for One or Two**

If you are cooking for one or two then this course is for you! Tips & tricks, creative solutions and healthy choices are the main ingredients of this course.

Age: 60Y and up      Fee: \$30.78      Classes: 6

START	TIME	DAY	CODE
Sep 29	2:00 pm-3:30 pm	Th	543818
Feb 23	2:00 pm-3:30 pm	Th	543875

**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.

Age: 60Y and up      Fee: \$39.84      Classes: 12

START	TIME	DAY	CODE
Sep 19	10:15 am-11:15 am	M	543819
Sep 23	10:30 am-11:30 am	F	543820
Jan 09	10:15 am-11:15 am	M	543878
Jan 13	10:30 am-11:30 am	F	543877

**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.

Age: 60Y and up      Fee: \$39.84      Classes: 12

START	TIME	DAY	CODE
Sep 19	9:15 am-10:15 am	M	543821
Sep 23	9:30 am-10:30 am	F	543822
Jan 09	9:15 am-10:15 am	M	543880
Jan 13	9:30 am-10:30 am	F	543879

**Tips for Healthy, Active Aging** Come out to the FREE:

Canadian Health & Prevention Tour  
 Friday, October 28th  
 10:00 am-2:00 pm  
 at the Mississauga Seniors' Centre  
 1389 Cawthra Road, Mississauga L5G 4L1

Healthy Cooking Demos  
 Strategies for aging well  
 Complimentary refreshments  
 Call 905-615-4810 for more information.

**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.

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Sep 19	9:15 am-10:15 am	M	543823
Jan 09	9:15 am-10:15 am	M	543881

**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.

Age: 60Y and up Fee: \$43.16 Classes: 13

START	TIME	DAY	CODE
Sep 23	11:00 am-12:00 pm	F	543824

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Jan 13	11:00 am-12:00 pm	F	543882

**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.

Age: 60Y and up Fee: \$43.16 Classes: 13

START	TIME	DAY	CODE
Sep 23	10:00 am-11:00 am	F	543825

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Jan 13	10:00 am-11:00 am	F	543883

**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 required for this class.

Age: 60Y and up Fee: \$43.16 Classes: 13

START	TIME	DAY	CODE
Jan 10	12:00 pm-1:00 pm	Tu	543884

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Sep 20	12:00 pm-1:00 pm	Tu	543826

**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!

Age: 60Y and up Fee: \$43.16 Classes: 13

START	TIME	DAY	CODE
Jan 10	10:45 am-11:45 am	Tu	543885
Jan 12	10:45 am-11:45 am	Th	543886

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Sep 20	10:45 am-11:45 am	Tu	543827
Sep 22	10:45 am-11:45 am	Th	543828

**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.

Age: 60Y and up Fee: \$43.16 Classes: 13

START	TIME	DAY	CODE
Jan 10	9:30 am-10:30 am	Tu	543887
Jan 12	9:30 am-10:30 am	Th	543888

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Sep 20	9:30 am-10:30 am	Tu	543829
Sep 22	9:30 am-10:30 am	Th	543830

### 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.

Age: 60Y and up Fee: \$55.58 Classes: 13

START	TIME	DAY	CODE
Sep 21	9:30 am-10:45 am	W	543831

Age: 60Y and up Fee: \$38.48 Classes: 9

START	TIME	DAY	CODE
Jan 11	9:30 am-10:45 am	W	543889

### 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.

Age: 60Y and up Fee: \$55.58 Classes: 13

START	TIME	DAY	CODE
Sep 21	10:55 am-12:15 pm	W	544237

Age: 60Y and up Fee: \$38.48 Classes: 9

START	TIME	DAY	CODE
Jan 11	10:55 am-12:15 pm	W	543890

### OsteoFIT for Older Adults

This class is specifically for Older Adults 60yrs+ wanting to prevent/prolong the onset of Osteoporosis. 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.

Age: 60Y and up Fee: \$43.16 Classes: 13

START	TIME	DAY	CODE
Sep 21	9:15 am-10:15 am	W	544281

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Sep 19	10:30 am-11:30 am	M	544278

Age: 60Y and up Fee: \$29.88 Classes: 9

START	TIME	DAY	CODE
Jan 09	10:30 am-11:30 am	M	543891
Jan 11	9:15 am-10:15 am	W	543892

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

**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.

Age: 60Y and up Fee: \$66.69 Classes: 13

START	TIME	DAY	CODE
Sep 23	9:30 am-11:00 am	F	544256

Age: 60Y and up Fee: \$46.17 Classes: 9

START	TIME	DAY	CODE
Jan 13	9:30 am-11:00 am	F	543895

**Tai Chi Qigong for Older Adults**

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

Age: 60Y and up Fee: \$39.84 Classes: 12

START	TIME	DAY	CODE
Sep 28	10:30 am-11:30 am	W	544241

Age: 60Y and up Fee: \$29.88 Classes: 9

START	TIME	DAY	CODE
Jan 11	10:30 am-11:30 am	W	543896



Fit Fellows

**Weight Training/Fit Class for Older Adults**

Are you too old to start weight training? No, you are never too old to start! Enjoy the benefits of weight training to promote better health including increasing balance, improved posture, flexibility & range of motion. Strengthen your bones and create a healthier, independent & functional life.

Age: 60Y and up Fee: \$39.84 Classes: 11

START	TIME	DAY	CODE
Sep 19	11:30 am-12:30 pm	M	544290

Age: 60Y and up Fee: \$29.88 Classes: 9

START	TIME	DAY	CODE
Jan 09	11:30 am-12:30 pm	M	543897

**Yoga MSC**

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.

Age: 60Y and up Fee: \$52.26 Classes: 13

START	TIME	DAY	CODE
Sep 22	10:00 am-11:30 am	Th	544307

Age: 60Y and up Fee: \$48.24 Classes: 12

START	TIME	DAY	CODE
Sep 20	9:30 am-11:00 am	Tu	544300

Age: 60Y and up Fee: \$36.18 Classes: 9

START	TIME	DAY	CODE
Jan 10	9:30 am-11:00 am	Tu	543898
Jan 12	10:00 am-11:30 am	Th	543899

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



**Square One Older Adult Centre**  
**Square One Shopping Centre**  
905-615-3207  
www.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!**

We are now offering a great variety of programs in the Streetsville and Meadowvale areas. Please check our website or call the Centre 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.

### **Yearly Membership**

Mississauga residents, 50 years of age and better (spouses may be younger than 50), are welcome to join the Centre at the cost of \$13 (\$15 for non residents) for the remainder of the 2011 calendar year. A participant fee (minimum \$1.50) 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 www.sq1oac.com. Most programs are pay-as-you-go and ongoing. Those with an asterisk (\*) are pre-registered, @ indicates a satellite location.

### **Active Programs**

Co-ed Fitness Classes, Pilates\*, Yoga\*, Mall Walkers, Chair-ercise, Table Tennis, Urban Pole Walking, Taoist Tai Chi, Wii bolwing, Crane Qi Gong & Zumba Gold.

### **Dance Classes**

Line Dancing-Basic\*, Beginner and Intermediate, Belly Dancing, Jazz Dancing\*, Tap Dancing\*, Hawaiian Dancing\* & Ballroom Dancing.

### **Cards and Games**

Canasta, Euchre, Bridge, Cribbage, Gin Rummy, Chess, Dominoes and Bingo.

### **Interest & Education**

Meditation, Creative Writing, Computer Club, Internet Café, Gardener's Circle, Travelogue and Book Club

### **Music, Arts & Crafts**

ALCE Arts in Healing (Spanish language), Craft Workshops, Bunka Embroidery, Tatting, Choir, Watercolour Painting\*, Beading workshop & Knitting workshop.

### **Special Events**

The Centre hosts many special events each year including dances, luncheons and Broadway-style shows. Upcoming Fall & Winter events include: Tea Tasting, Broadway Show "Around the World in 37 songs", Christmas Lunch & Dance, Christmas Music, New Years'Eve Party, Valentine's Tea, St. Patrick's Day Celebration.

Be sure to visit our website at www.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.

### **Cozy Corner Café, Internet Café and Library**

The Café is staffed by friendly volunteers Monday to Friday, 9:30 a.m.-1:30 p.m. The menu includes sandwiches, soups, bagels, desserts and various hot and cold drinks. A library of paperbacks, books on tape, computers, 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 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, Footcare Health clinics and individual counselling. Please contact the Centre at 905-615-3207 or e-mail 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 p.m.-5:00 p.m.

Contact Leon Eng, 905-507-2280

#### Silayan Filipino Seniors' Volunteer Group

Saturday, noon-4:00 p.m.

Contact Rudy Bombase, 905-874-6942

#### Multicultural Asian Seniors

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

Contact Mr. Gurmel Gill, 905-507-4839

#### Elderly Vietnamese Association of Mississauga

Saturday, 12:45 p.m.-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 p.m.-9:00 p.m.

Contact Juliet Rebello, 905-276-7890

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

Wednesday, 2:00 p.m.-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 – first & third of each month, 2:00 p.m.-4:00p.m.

Marty Goldstein or Sally Wall  
squareonedeaftseniorsgroups@yahoo.ca  
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 www.sq1oac.com.

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## Community Centre Senior Clubs and Groups

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### Burnhamthorpe Community Centre

1500 Gulleden Dr., 905-615-4630

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

7:30 p.m.-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.

Contact Farough, 905-848-4644

#### Mississauga Croatian Seniors Club

Cards, chess, socializing

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

Nirwair Singh Sara, 905-285-0397

#### Learn and Live Friendship Club

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

(Pot Lucks, Bingo, Cards)

Mary, 905-624-6577

**Burnhamthorpe Italian Seniors**

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

Joseph De Agazio, 905-625-2702

**Drop-in Older Adult Programs**

**Older Adult Skates—Starting Sept. 19th**

Monday and Friday (until end of March)  
9:30 a.m.-11:30 a.m.

**Badminton**

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

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**Clarkson Community Centre**

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

**Clarkson Seniors' Association Drop-in Programs**

**Monday**

9:00 a.m.-10:00 a.m., Fitness  
10:15 a.m.-11:15 a.m., Fitness  
10:00 a.m.-12:00 p.m., Crafts  
1:30 p.m.-3:30 p.m., Carpet Bowling

**Tuesday**

9:30 a.m.-10:30 a.m., Tai Chi  
10:00 a.m.-noon, Quilting  
1:00 p.m.-4:00 p.m., Ballroom Line Dancing

**Wednesday**

9:00 a.m.-10:00 a.m., Fitness  
10:15 a.m.-11:15 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 a.m.-10:30 a.m., Tai Chi  
9:00 a.m.-10:00 a.m., Fitness  
10:15 a.m.-11:15 a.m., Fitness  
1:30 p.m.-3:30 p.m., 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.

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**Frank McKechnie Community Centre**

310 Bristol Road East, 905-615-4660

**Older Adult Activity Group**

**Tuesday & Wednesday**

1:15 p.m.-2:45 p.m., Table Tennis & Badminton

**Mississauga Jiahua Chinese Senior Association**

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

**Thursday**

9:30 a.m.-11:30 a.m., Chine Folk & Line Dancing & Tai Chi, Chinese Fiddle.

**Friday**

9:00 a.m.-12:00 p.m., Ballroom Dancing  
1:00 p.m.-2:30 p.m., Conversation (English)  
2:30 p.m.-4:00 p.m., Chinese Writing, Oil Painting, Chinese Dance and Singing class

\* Membership fee will apply to the Jiahua Seniors Association

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**Huron Park Recreation Centre**

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

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

**Monday**

10:30 a.m.-11:30 a.m., Drop-in Mind, Body and Core Strength  
12:00 p.m.-3:00 p.m., Bridge Club  
New players welcome!

**Tuesday**

9:15 a.m.-10:15 a.m., Drop-in Yoga  
10:30 a.m.-11:30 a.m., Drop-in Totally Toning  
1:00 p.m.-3:00 p.m., Badminton

**Wednesday**

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

### Thursday

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

### Friday

10:30 a.m.-11:30 p.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 p.m.-3:00 p.m.  
Wednesday-6:30 p.m.-7:30 p.m.  
Thursday-2:00 p.m.-3:00 p.m.

### Huron Park Indoor Bocce & Italian Social Club

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

### Huron Park Italo Canadian Seniors Club

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

### Huron Park offers Therapy pool programs.

See page 48 for details.

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### Malton Community Centre

3540 Morning Star Dr., 905-615-4640

### Malton Seniors, Club 231

Mrs. Susie McCoy, 905-677-2909

### Tuesday

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

### Wednesday

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

### Thursday

1:00 p.m.-4:00 p.m., Cribbage  
7:00 p.m.-10:00 p.m., Meeting/Activity  
(2nd & 4th Thurs)

### Malton Italian Seniors

#### Men's

Monday-Fri 12:30 p.m.-4:30 p.m.,  
Cards/social activities

Mr. Dominico Piccinini, 905-672-9436

#### Women's

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

### Malton Senior Asians (Malton CC)

#### Monday-Friday

1:00 p.m.-4:30 p.m., Cards/social activities  
Naunihal Singh Marwaha, 416-702-8181

### Malton Senior Friendship Drop-in

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

Sylvia Hanson, 905-672-1995

### Malton Senior Multicultural Assoc.

Monday - Friday 1:00 p.m -4:30 p.m. Malton Hall  
Saturday, 11:00 a.m. - 4:00 p.m. Malton CC  
Rabinder Singh, 905-678-9899

### Malton Caribbean Seniors

Monday, 1:30 p.m.-3:30 p.m.

Cards and socializing

Malton Neighbourhood Services, 905-677-6270

### Malton Aqua Fitness

Call Malton Information, 905-615-4640

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

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

**Monday**

12:30 p.m.-3:30 p.m., Fixed Partner Bridge  
1:00 p.m.-3:00 p.m., Carpet Bowling

**Tuesday**

10:00 a.m.-11:30 a.m., Line Dancing  
1:00 p.m.-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

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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 p.m.-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 p.m.-4:00 p.m., Cards, Bingo

**Mississauga Valley Seniors**

Marion McGiffen, 905-625-0396

**Tuesday**

1:00 p.m.-4:00 p.m., Cards, Carpet Bowling

**Wednesday, Friday**

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

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

**Sunday**

2:00p.m.-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 Aqua Fitness,  
see page 35.

**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 p.m.-3:30 p.m., Badminton  
1:15 p.m.-2:15 p.m., Fitness

**Tuesday**

9:30 a.m.-12:30 p.m., Ping Pong  
12:30 p.m.-3:30 p.m., Cards (Euchre)

**Wednesday**

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

**Thursday**

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

**Friday**

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

**River Grove South Asian Seniors**

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

**South Common/Streetsville Kinsmen/Next Step**

**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 a.m.-10:15 a.m., Chair-Ercise  
10:30 a.m.-11:30 a.m., OsteoFit  
12:00 p.m.-1:30 p.m., Carpet Bowling  
2:00 p.m.-3:00 p.m., Line Dancing (Beginner)

**Tuesday**

11:00 a.m.-12:00 p.m., Keep Fit  
12:45 p.m.-3:45 p.m., Shuffleboard

**Wednesday**

10:30 a.m.-11:30 a.m., Chair-Ercise  
1:00 p.m.-3:30 p.m., Club Meeting & Social  
(1st & 3rd of each month)

**Thursday**

9:00 a.m.-10:00 a.m., Keep Fit  
10:15 a.m.-11:45 a.m., Line Dancing (Intermediate)  
1:00 p.m.-3:30 p.m., Social Cards, Euchre

**Friday**

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

**Mark Your Calendar  
Older Adult Health & Wellness Fairs**

**River Grove Community Centre**  
Thursday, Sept. 22nd  
Call 905-615-4780 x 2319

**Clarkson Community Centre**  
Tuesday, Oct. 11th  
Call 905-615-4840 x 7100

**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 pm, Club Meetings (1st, 3rd)

**Thursday**

11:00 am, Bridge and 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 [www.mississauga.ca/nextstep](http://www.mississauga.ca/nextstep)