



Date 2017	Event/Activity/Program Name:	Event/Activity/Program Time:	Event/Activity/Program Location:	Event/Activity/Program Cost:	Event/Activity/Program: Brief Description
1/6/17	Drop In Older Adult Basketball	10:00 - 11:30 am	Carmen Corbasson Community Centre	FREE	
2/6/17	Parent & Tot Swim	10:30 - 11:30 am	Mississauga Valley Community Centre & Library	FREE	An unstructured playtime for preschool children, ages 6 and under, accompanied by a parent/guardian.
2/6/17	Movie Afternoon	1:00 - 4:00 pm	Malton Community Centre MPI	FREE	For Older Adults
2/6/17	Movie Night	7:30 PM	South Common Community Centre	FREE	
2/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
3/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
4/6/17	Trail Walk	9:30 - 10:30 am	Rivergrove Community Centre	FREE	Walking the Trails guided by City Staff.

4/6/17	Try It Zumba®	9:30 - 10:30 am	Malton Community Centre	FREE	Dance away your worries and get fit in this dance-sculpting combo class that is easy and fun to do! 14+ or 10-13 with a parent/guardian
4/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
5/6/17	Try It Total Body Toning	6:30 - 7:30 am	Meadowvale Community Centre	FREE	Strengthen and tone your entire body using a variety of portable equipment. No cardio component. 14+ or 10-13 with a parent/guardian
6/6/17	Try It Nordic Walking	9:00 AM	Meadowvale Community Centre	FREE	Increase your overall endurance, strength, improve posture by using poles while reducing stress on knees, hips, back. 14+ or 10-13 with a parent/guardian
6/6/17	Older Adult Expo	9:30 am - 2:30 pm	Hershey Community Rinks	FREE	This free event includes a light lunch and many new and exciting products, services, programs and information for the older adult.
6/6/17	Try It Aquacycle Mini	10:30 - 11:00 am	Mississauga Valley Community Centre & Library	FREE	Registration Code 747754 Aqua Cycle is an exhilarating and innovative program utilizing underwater stationary bikes for weight loss, fitness and fun! This unique course blends cardio with leg, arm and core strengthening exercises. For your comfort aqua shoes are strongly recommended. 14+ or 10-13 with a parent/guardian
6/6/17	Try It Aquafitness Mini	11:00 -11:30 am	Mississauga Valley Community Centre & Library	FREE	Registration Code 747755 This program is designed for non-swimmers and swimmers alike. The program is ideal for individuals who want to get a great workout and reduce the amount of stress placed on joints or for those who are interested in cross-training options from land based activities. 14+ or 10-13 with a parent/guardian
7/6/17	Try It Youth Boot Camp	3:15 - 3:45 pm	Mississauga Valley Community Centre & Library	FREE	A high energy workout with intervals of cardio and resistance training geared towards youth.
7/6/17	Try It Chair-ercise	11:15 am - 12:15 pm	Clarkson Community Centre	FREE	Try this class of assisted exercising using a chair. You will focus on strengthening your core and legs. Stretching and flexibility exercises also included.
7/6/17	Try It Zumba Gold	10:30 - 11:30 a.m.	Burnhamthorpe Community Centre_Forest Glen Room	FREE	Zumba® Gold modifies the moves and pace of the original Zumba to suit the needs of the active older adult and those new to Zumba®. It's easy to do, effective and most of all, fun.

8/6/17	Family Paint Night	6:30 - 8:30 pm	Burnhamthorpe Community Centre_Gymnasium	FREE	Registration Code: 748958 . Unleash your inner artist! Follow along with our talented instructor to create your own masterpiece. Space is limited registration required. This program is available to participants ages 10 years and up.
9/6/17	Karaoke for Older Adults	1:00 - 4:00 pm	Malton Community Centre MPI	FREE	For Older Adults
9/6/17	Try It Warm Water Guts & Butts	5:30 - 6:15 pm	Clarkson Community Centre Pool	FREE	An introduction to a warm water workout in the Therapeutic Pool focussing on toning and strengthening your back, hip and abdominal muscles. 14+ or 10-13 with a parent/guardian
9/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
10/6/17	Try It Yoga	9:30 - 10:30 am	Carmen Corbasson Community Centre	FREE	Yoga uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. 14+ or 10-13 with a parent/guardian
10/6/17	Drop In Family Basketball	1:00 - 3:00 pm	Burnhamthorpe Community Centre_Gymnasium	FREE	Time to lace up your sneakers and burn off some energy! Have fun participating in lots of un-organized basketball activities. Parents are responsible for the supervision of their child(ren) during all aspects of the program. Children 15 years of age and younger must be accompanied by an adult. No pre-registration is required
10/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
11/6/17	Trail Walk	9:30 - 10:30 am	Rivergrove Community Centre	FREE	Walking the Trails guided by City Staff.
11/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.

12/6/17	Try It Stronger and Steadier Level 1	1:00 - 2:00 pm	Carmen Corbasson Community Centre	FREE	
12/6/17	Try It Zumba	1:15 - 2:15 pm	Mississauga Valley Community Centre & Library	FREE	Dance away your worries and get fit in this dance-sculpting combo class that is easy and fun to do! 14+ or 10-13 with a parent/guardian
14/6/17	Try It Yoga Abs	7:00 - 8:00 pm	Clarkson Community Centre	FREE	Develop strenth of the abdominals and lower back. 14+ or 10-13 with a parent/guardian
14/6/17	Try It Boot Camp	6:30 - 7:30 am	Meadowvale Community Centre	FREE	A high energy workout with intervals of cardio and resistance training. This class is designed for the intermediate to advanced fitness participant. 14+ or 10-13 with a parent/guardian
14/6/17	Try It Seniors Day	Starts at 10:00 am throughout the day	South Common Community Centre	FREE	Activities include pickleball, paint instructional activity, line dancing, Hindi dancing, table tennis & light refreshments.
14/6/17	Fresh Air Fitness Featuring: ParticipACTION 150 play list	7:00 - 9:00 pm	celebrationsquare@mississauga.ca	FREE	Move, walk, run, or wheel over to Celebration Square for a special multi-class Fresh Air Fitness. Celebrate Canada's 150th birthday by getting out and participating in one of the planned 150 activities this evening.
14/6/17	Try It Osteoporosis Class	7:30 - 8:30 pm	Malton Community Centre	FREE	This class is taught with consideration for those with reduced bone density and limited joint mobility. Class format will include a short low impact segment, weight resistance work and gentle stretching.
14/6/17	Fun Swim	7:35-9:00 pm	Mississauga Valley Community Centre & Library	FREE	Everyone welcome. Drop in public swim. Pool capacity and Swim Admission Guidelines apply.
15/6/17	Try It Total Body Toning	8:00 - 9:00 am	Meadowvale Community Centre	FREE	Strengthen and tone your entire body using a variety of portable equipment. No cardio component. 14+ or 10-13 with a parent/guardian
16/6/17	Movie Afternoon	1:00 - 4:00 pm	Malton Community Centre MPI	FREE	For Older Adults
16/6/17	Clarkson Colour Run	5:00 PM	Clarkson Community Centre	FREE	All ages, skills and abilities welcome.
16/6/17	Movie Night	7:30 PM	South Common Community Centre	FREE	
16/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.

16/6/17	Family Movie Night	8:00 - 10:00 pm	Burnhamthorpe Community Centre_Forest Glen Room	FREE	Bring the whole family for a Friday night movie!
17/6/17	Try It Power Yoga	9:30 - 10:30 am	Meadowvale Community Centre	FREE	Ideal for those familiar with basic yoga movements but looking for something more challenging. Using a series of postures that flow together, you will challenge their balance, co-ordination, strength and flexibility while reducing stress.
17/6/17	Customer Appreciation Day	9:30 am - 3:30 pm	Carmen Corbasson Community Centre	FREE	Complimentary refreshments and information displays for summer camps, pool & fitness.
17/6/17	Fun Swim	1:35 - 3:00 pm	Erin Meadows Community Centre Swimming Pool	FREE	Information and demonstration sessions, lesson screening, sun smart safety, how to fit a lifejacket, basic first aid and more! Everyone welcome. Pool capacity and swim admission guidelines apply.
17/6/17	Intergenerational BOCCE	2:30 - 3:30pm	Huron Park Recreation Centre	FREE	Opportunity for the Youth to learn and play BOCCE with the Older Adult Groups.
17/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
18/6/17	Trail Walk	9:30 - 10:30 am	Rivergrove Community Centre	FREE	Walking the Trails guided by City Staff.
18/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
19/6/17	Try It Aquatic Fitness Swim	TBA	Frank Mckechnie Community Centre Swimming Pool	FREE	
19/6/17	Try It Older Adult Lane Swim Only	1:00 - 2:00 pm	Frank Mckechnie Community Centre Swimming Pool	FREE	Drop In swim in celebration of Senior's month. This swim is being offered exclusively for the older adult.

19/6/17	Stay and Play (for children 5 yrs and under)	9:00 - 11:00 am	Burnhamthorpe Community Centre_Gymnasium	FREE	Children of different ages can have fun using activity stations that incorporate physical development apparatus, arts and crafts materials and theme ideas. The focus of this program is on socializing and sharing in a relaxed and informal environment. Parents are responsible for the supervision of their child(ren) in all aspects of the program.
20/6/17	Drop In Older Adult Volleyball	1:00 - 3:30 pm	Carmen Corbasson Community Centre	FREE	Join your friends or meet new ones while having fun playing volleyball. Pick up games will be arranged with those in attendance. No experience required.
20/6/17	Drop In Older Adult Volleyball and Pickleball	TBA	Frank Mckechnie Community Centre	FREE	
20/6/17	Try It Gentle Low	10:15 - 11:15 am	Mississauga Valley Community Centre & Library	FREE	A low impact class with emphasis placed on a longer warm-up and controlled toning exercises. 14+ or 10-13 with a parent/guardian
20/6/17	Zumba® Gold	12:30 - 1:30 pm	Frank Mckechnie Community Centre	FREE	Zumba® Gold modifies the moves and pace of the original Zumba® to suit the needs of the active older adult and those new to Zumba®. It's easy to do, effective and most of all, fun.
20/6/17	Outdoor Table Tennis/Games Day	3:30 - 5:00 pm	Meadowvale Community Centre	FREE	For new and experienced players who are up for a challenge and be named the Champion! Battle the elements, work on your balance and control while playing table tennis outdoors. If you enjoy playing table tennis or just good competition, enter and see if you can climb the ladder to the prize.
20/6/17	Try It Socacize	8:30 - 9:30 pm	Malton Community Centre	FREE	This class is a creative blend of high/low impact aerobics and African and indigenous Caribbean dance movements performed to calypso, soca, reggae and more! Resistance training may also be included. 14+ or 10-13 with a parent/guardian
21/6/17	3 on 3 Youth Basketball Tournament	3:00 - 7:00 pm	South Common Community Centre	FREE	Ages 10-18
21/6/17	Outdoor 3 on 3 Basketball Tournament/Indoor 3 point contest	3:30 - 5:00 pm	Meadowvale Community Centre	FREE	Nothing better than some good competition on a nice sunny day. Who will be the Next Big Three? Bring your friends and join the first 3 on 3 basketball tournament on our newly renovated outdoor basketball courts. Think you can shoot like Steph Curry, LeBron James and Michael Jordan? Join the contest and race the clock to see how many 3 point shots you can make in 60 seconds.
22/6/17	Customer Appreciation Day	9:00 am - 2:00 pm	Frank Mckechnie Community Centre	FREE	

22/6/17	Basic CPR Information Session	10:00 am - 12:00 pm	South Common Community Centre	FREE	The goal of the CPR training is NOT a certification course but to empower people in the community with the skills to provide assistance to a family member or friend in an attempt to keep oxygen to the brain until EMS arrives. The following topics will be covered; *Adult, child & Infant CPR chest compressions (no ventilations) * Adult, child & Infant Choking sequences. * Opportunity for attendees to practice these skills in order to feel confident to respond in an emergency
22/6/17	Open mic/Karaoke	3:30 - 5:00 pm	Meadowvale Community Centre, reading terrace upper lobby	FREE	The next big pop sensation could be hiding in this community. If you have that hidden talent and are looking for a place to show it come out and let your voice be heard. Sing popular hits or classics with your friends on the mic with the Open Mic/ Karaoke Experience. All are welcomed to participate.
23/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
23/6/17	Swim to Survive Fun Swim	7:35 - 9:00 pm	Huron Park Recreation Centre Swimming Pool	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Join us during our fun swim and challenge yourself to achieve the Swim to Survive standard. Everyone will receive a certificate.
24/6/17	Swim to Survive Fun Swim	1:30 - 3:00 pm	Meadowvale Community Centre Pool	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Learn the minimum skills needed to survive an unexpected fall into deep water. The Canadian Swim to Survive standard includes roll into deep water, tread water for one minute and swim 50 metres. Fun to learn and could be a real life saver!
24/6/17	Monkeynastix Ages 1 - 8 yrs.	12:00 - 2:00 pm	Rivergrove Community Centre	FREE	Enjoy a fun packed lesson with your child with a variety of safe activities and music! Striving to develop children's balance, eye hand/foot co-ordination, body awareness and gross motor skills.
24/6/17	Latin Dance for the Family Ages 8+	2:00 - 3:00 pm	Rivergrove Community Centre	FREE	Introduction to Latin Dance, a program the whole family will enjoy. Children must be accompanied by an adult.
24/6/17	Outdoor Pool's Open	Times vary	Applewood, David Ramsey, Don McLean Westacres, Erindale, Lewis Bradley, Lion's Club, Streetsville	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Celebrate this month with the opening of the outdoor pools. Welcome back after a long winter. Cool off and relax at poolside and make a splash this summer with this fresh air activity!

24/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
25/6/17	Trail Walk	9:30 - 10:30 am	Rivergrove Community Centre	FREE	Walking the Trails guided by City Staff.
25/6/17	Family Soccer Scrimmage	10:00 am - 12:00 pm	Burnhamthorpe CC_Gymnasium_Field	FREE	Bring the whole family out for a morning of fun! Friendly soccer scrimmages and shoot around for all ages! (Outdoors on the Field if weather permits)
25/6/17	Family Swim to Survive Fun Swim	1:30 - 4:30 pm	Streetsville Outdoor Pool	FREE	Learn the minimum skills needed to survive an unexpected fall into deep water. The Canadian Swim to Survive standard includes roll into deep water, tread water for one minute and swim 50 metres. Fun to learn and could be a real life saver! Takes place during the fun swim.
25/6/17	Fun Swim	2:30 - 4:00 PM	Cawthra Pool	FREE	Everyone welcome. Drop in public swim. Pool capacity and Swim Admission Guidelines apply.
25/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
28/6/17	Try It Yoga (Land) Therapeutic	11:30 am - 12:30 pm	Mississauga Valley Community Centre & Library	FREE	Blends gentle seated and standing yoga postures with breath work and guided meditation.
28/6/17	Try It Citi*Swim	5:00 - 6:00 pm	Rivergrove Community Centre_swimming pool	FREE	Find out more about Citi*Swim at this fun “try it” event. Based on the values of fair play, this program includes stroke & skill improvement and physical fitness for youth. Learn to swim faster and have fun as part of a team.
28/6/17	Try It Citi*Swim	6:00 - 7:00 pm	Malton Community Centre Swimming Pool	FREE	Find out more about Citi*Swim at this fun “try it” event. Based on the values of fair play, this program includes stroke & skill improvement and physical fitness for youth. Learn to swim faster and have fun as part of a team.
29/6/17	Try It Total Body Toning	7:00 - 8:00 pm	Malton Community Centre	FREE	Using a variety of portable equipment, (tubes, exercise balls, Fitness Circles, weights and more). We will help you strengthen and tone your entire body. No cardio component.14+ or 10-13 with a parent/guardian

30/6/17	Fun Skate	7:30 - 9:00 pm	Erin Mills Twin Arena	single admission: \$3.50 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$2.80	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
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