active, healthy and engaged...

... the older adult life.

Experience a variety of age-friendly recreational programs and activities close to home. Get connected today with other people of similar interests.

To find out more about older adult programs/activities, visit: 
mississauga.ca/olderadults
Older Adult Plan Vision

As an age-friendly city, older adults in Mississauga will lead purposeful and active lives, will live in their community with dignity, integrity and independence and experience a diverse range of lifestyle opportunities to pursue their personal interests.

The Older Adult Plan Vision

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The Older Adult Advisory Panel

The City of Mississauga has announced the members of its new Older Adult Advisory Panel (OAAP). The panel will involve city staff in planning and delivering services to older adults in the Mississauga community.

The 11 community members of the panel are: Howard Brownrigg, Claire Campbell, Christopher Carlton, Robert Harrick, Bernard Jordaan, Terra Lariviere, Colin Moore, Allan Ridley, Parampal Sodi, Brenda Solomon and Frank Stendardo. Staff panel members are Andy Bate, Diane Kendall, Emily Irvine, Patricia Runzer, Diana Simpson, Lorena Smith (Chair).

To be selected for the panel, applicants were required to be Mississauga residents, 55 years or older and represent the broader interests of the older adult community. The panel will focus on three specific areas:

- Help the City pursue designation as an Age Friendly City from the World Health Organization (WHO)
- Assist in the planning and co-ordination of the Older Adult Educational Symposiums and Senior Month activities
- Provide input to Future Directions – the refresh of Master Plans for services including Recreation, Fire and Emergency Services, Parks and Forestry and Library

“The Older Adult Advisory Panel will exchange information, offer advice and work closely with City staff to help make decisions on how best to develop and deliver older adult services,” said Recreation Director Howie Dayton. “The panel will also be involved in preparing a multi-year work plan to guide its activities.”

“With the support of the panel, the City’s goal is to become designated as an Age Friendly community,” added Dayton. “This will establish Mississauga in this internationally-recognized WHO program as a city that provides older adults with social, civic, employment, communication, healthy active living opportunities.”

The panel’s inaugural meeting and orientation was held October 22, 2014.

For more information, visit mississauga.ca/olderadults.
Memberships, Passes and Program Discounts

Did You Know?

- 53 older adult groups of nearly 4733 members meet at 11 community centres.
- 1307 members at Mississauga Seniors’ Centre
- 450 older adult group volunteers contributed 28,968 hours
- 9,567 activities used 21,766 hours of community centre space.
- 714 programs at 18 libraries with almost 4,660 participants attended programs like Intergenerational Computer Buddies, retirement planning, health and wellness, leisure activities, social and book clubs.
- Eight community and older adult centres receive Elderly Persons Centre (EPC) grants totally $219,300 from the Ontario Senior Secretariat to deliver quality, age friendly activities.
- The EPC centres received an additional one-time EPC funding of $89,316 for equipment and programming supporting community centre older adult groups.

Memberships and Passes and Discounts

Buy your older adult Fitness, Therapeutic membership or swim/skate pass to keep healthy, active and engaged. An adult 65+ receives 20 per cent off adult priced memberships and swim/skate passes and:

- with a three or 12 month Fitness Membership, get an additional 20 per cent off adult fitness, skating and swimming registered programs.
- with a three or 12 month swim/skate pass, get an additional 20 per cent off adult skating and swimming registered programs.
- with a three or 12 month Therapeutic Membership, get an additional 20 per cent off adult therapeutic, aquatic and skating registered programming.

All Adults 65+ get 20 per cent off these registered programs: Aquafitness, Deep-End Aquafit, Gentle Aquafit, Warm Water Gentle Aquafit and Adult Swim for Life classes. Discounts are non-transferable and apply only to active membership and swim/skate pass holders; does not apply to group passes or senior centre memberships.

For details, visit mississauga.ca/recmembership or call 905-615-4100

Program Discounts

All adults 65+ get 20 per cent off these programs: Aquafitness, Deep-End Aquafit, Gentle Aquafit, Warm Water Gentle Aquafit and Adult Swim for Life classes.

What’s New and Exciting!

Community Centre Older Adult Committees (CCOAC) been formed at the Clarkson, Huron Park, Meadowvale and South Common Community Centres. The remaining CCOAC will be implanted by the end of 2015. These committees will foster an understanding of the needs of all users and groups at the centre and create a forum for programming and space requirements. These committees will also be a two way communication vehicle with the Older Adult Advisory Panel (OAAP) and consist of leaders of older adult groups and community centre staff.
Burnhamthorpe Community Centre
1500 Gulleden Drive
905-615-4630

City Run Older Adult Programs
55+ Shinny Hockey
65+ Shinny Hockey
Held at Iceland Arena
Senior Badminton
Activity Hours: Tuesday and Thursday, 1:00 – 3:15 pm
Contact: Burnhamthorpe C.C. for more info.

Older Adult Clubs and/or Groups
500 Club
Card playing
Activity Hours: Thursday, 7:00 – 10:00 pm, ($1.50/visit)
Contact: Patricia 905-624-0564

Iranian Seniors Group
Singing, dancing, socializing, group lunches and tea
Activity Hours: Tuesday, 11:00 – 4:00 pm
Contact: Mahin 905-277-3576

Indo-Canadian Seniors Group
Cards
Activity Hours: Monday to Friday, 1:00 – 4:00 pm
Contact: N. Singh-Sara 905-285-0379

Learn & Live Friendship Club
Cards, Bingo and Pot Lucks
Activity Hours: Wednesday, 1:00 – 4:00 pm
Contact: Mary 905-624-6577

Burnhamthorpe Italian Seniors
Cards
Activity Hours: Monday to Friday, 1:00 – 4:00 pm
Contact: Renato 905-276-7580

Canadian Italian Friendship Bingo
Bingo
Activity Hours: Thursday, 1:00 – 4:00 pm
Contact: Nancy 905-232-5381

Pak Pioneers Community Organization - Senior Pioneers Club for South Asian Seniors
Learning through activities & information sessions on health, Government programs etc. Share experiences and enjoy people of the same age group.
Activity Hours: Every Tuesday afternoon September-June
Contact: Tehmina 647-382-3574 /Masoom 647-268-3671

Lifelong Learning Mississauga (LLM)
LLM provides opportunities for lifelong learning, leadership and personal growth. We offer learning experiences on a wide range of themes and topics, including academic and general interest. Lectures are led by recognized leaders in their field of study in a relaxed, social atmosphere.
Lorraine, lmcgettigan@rogers.com, lifelong-learning-mississauga.com

Carmen Corbasson Community Centre
1399 Cawthra Road
905 615-4800, ext. 2667

City Run Older Adult Programs
Older Adult Volleyball Drop-In
Tuesdays & Thursdays 1:00-3:30pm (runs until June 25th)

Clarkson Community Centre
2475 Truscott Drive
905 615-4840, ext. 2123

City Run Older Adult Programs
Contact: Meagan, 905-615-4800 x2662, meagan.davies@mississauga.ca

Yoga for Older Adults at Clarkson Community Centre
Tuesday 9:20 – 10:20 am and 10:25 – 11:25 am
Thursday – 12:30-1:30pm

Yoga for Older Adults at Port Credit Arena
Wednesday 9:45 – 10:45 am
Zumba Gold for Older Adults at Port Credit Arena
Fridays – 11:15am-12:15pm
Older Adult Clubs and/or Groups

Clarkson Seniors Club
Fitness, crafts, Tai Chi, quilting, ballroom|line, bridge, line dancing, Euchre, carpet Bowling.
Activity Hours: Monday – Friday, various times
Contact: 905-615-4840 x2123

Erin Meadows Community Centre
2800 Erin Centre Blvd
905 615-4750

Older Adult Clubs and/or Groups
Erin Meadows Seniors
Share experiences and enjoy people of the same age group. Learn and practice Tai Chi and Line Dancing
Activity Hours: Tuesday from 12:30 – 2:30 pm
Thursday from 11:00 am – 12:30 pm
Contact: Paul 905-785-1741/paulleng@rogers.com

Frank McKechnie CC
310 Bristol Road East
905-615-4660

Older Adult Clubs and/or Groups
Mississauga Jiahua Chinese Seniors Association
Enjoy an active lifestyle, social activity and life learning with participation in Tai Chi, choir, folk dancing, line dancing, ballroom dancing, calligraphy, instrumental ensemble, table tennis, basic English, and essential computer skills. Visit our website at MJCSA.ca for details.
Activity hours: Monday afternoon, Thursday morning and Friday all day.
Contact: Eddy 416-695-8495/ eddyzhang@rogers.com

Mississauga Croatian Seniors Association
Enjoy an active and social lifestyle playing cards, participating in group picnics, trips and socializing events.
Activity Hours: Monday, Wednesday and Friday, 11:00 am – 3:00 pm
Contact: Vinko 905-846-7315

Huron Park RC
830 Paisley Blvd. W
905-615-4820

City Run Older Adult Programs
Huron Park Bridge Club
Mondays - 12:00 – 3:30 pm
Sue 905-615-4820 x2436/ sue.currie@mississauga.ca
Older Adult Badminton
Tuesdays – 1:00 – 3:00 pm
Sue 905-615-4820 x2436, sue.currie@mississauga.ca
Older Adult PickleBall
Thursdays – 10:45 am – 12:45 pm
Sue 905-615-4820 x2436, sue.currie@mississauga.ca

Older Adult Clubs and/or Groups
Huron Bocce and Social Club
Members play cards, socialize and play indoor or outdoor bocce, dependent on the season.
Activity Hours: Monday to Thursday, 1:00 – 4:00 pm
Contact: Nick 905-279-5076

Chinese Golden Age Seniors
The Chinese Golden Age Seniors also meet at SOOAC, but run a Tai Chi class at Huron Park
Activity Hours: Thursdays from 10:00 – 11:00 am
Contact: Andrew 905-270-8239, alee8239@gmail.com
Groups and Activities at Community Centres

Huron Park Italo Canadian Senior Club
Socialize while playing a variety of card games. Dances and special events are organized monthly.
Activity Hours: Monday to Friday from 12:30 – 4:00 pm
Contact: Frank 905-275-6285/ fstendardo@yahoo.com

Huronsgauga Golf Club
Golf games and tournaments are organized through the Huronsauga Golf Club. The club also organizes social gatherings, and meetings for their participants.
Contact: Eva 905-823-9165/ evakeith@sympatico.ca,

Golden Golfers Club
Golf games and tournaments are organized through the Golden Golfers Club. We also organize social gatherings and meetings for our participants.
Contact: Margaret 905-814-9538/ margwheeler@rogers.com

Gujjarati Seniors Samaj of Mississauga
Members participate in discussions about health, nutrition and active living. Professional guest speakers conduct informational workshops. Meetings, music, socials, and guest speakers are conducted in the Gujarati language.
Activity Hours: Occasional Sunday 2:00 – 4:00 pm
Contact: Mrs Karia/ mkaria@sympatico.ca

Mississauga 55+ Plus Cari- Can Group
Social
Various times and days
Wilma 905-567-7873, wilmacfrancis@hotmail.com

Malton Community Centre
3540 Morning Star Drive,
905-615-4640

Older Adult Clubs and/or Groups
Malton Senior Club 231’s
Cards, social and occasional trips
Activity Hours: Tuesday, 9:30 am – 4:00 pm
Wednesday, 9:00 am – 12:00 pm
Thursday, 1:00 – 4:00 pm
Thursday, 7:00 – 10:00 pm (2nd and 4th Thursday)
Contact: Muriel 905-677-2909

Malton Italian Seniors
Cards, social
Activity Hours: Monday to Saturday, 12:30 – 4:30 pm
Contact: Antonio 905-671-2830

Senior Asian Association of Mississauga
Cards, social
Activity Hours: Monday to Friday, 12:30 – 4:30 pm
Contact: S. Singh-Mangat 905-671-2278

Meadowvale Community Centre
6655 Glen Erin Drive,
905-615-4710

The Community Centre will be CLOSED for renovations until summer 2016. All Meadowvale Senior Social Club activities will be held at Heritage Glen Community for Seniors.
Older Adult Clubs and/or Groups
Meadowvale Seniors Social Club
Meadowvale Seniors Social Club is a club with members of varying ages and interests. The goal of the club is to provide social and recreational opportunities to older adults in the Meadowvale area and across Mississauga.
The club has many social events throughout the year as well as weekly activities which includes: Bridge, euchre, bingo, carpet bowling, dancing, billiards and dominoes.
Activity Hours: Monday to Friday at various times.
Contact: Bernard 905-858-0817/loisbernardwehappy@hotmail.com
**Groups and Activities at Community Centres**

*Due to the redevelopment of the Meadowvale Community Centre, Meadowvale Seniors Social Club Programs have been re-located to Heritage Glen Seniors Residence until further notice.*

**Streetsville Seniors Club #111**
Located in downtown Streetsville at the Streetsville Kinsmen Senior Centre (327 Queen Street South), this very active club provides older adults active and social programs. The club is very involved in the Streetsville community and always need seniors to get involved. Programs offered by the club include: Soup/movie, square dancing, euchre, carpet bowling and social tea. Activity Hours: Monday to Friday at various times. Contact: Ray 905-450-1328/ raypratt@bell.net

**Mississauga Seniors’ Centre**
1389 Cawthra Road
905 615-4810
mississauga.ca/olderadults
See pg XXX for MSC Older Adult member programs

**Older Adult Clubs and/or Groups the meet at Mississauga Senior Centre**

**Cawthra Seniors Golf Club (55 years +)**
The Cawthra Golf Club is a thriving group of men and women who love to play golf! We are always looking for new members to join us for our season from May to October. The fee to join is $35 (subject to change) which includes tee-time scheduling at various golf courses as well as the lovely banquet we have at the end of our season at BraeBen Golf Course. Pick up a Golf Club application form at the Mississauga Seniors’ Centre office or visit our website cawthraseniorgolf.com for details.

**District 20, Mississauga Senior Games**
“55+ Friendly Senior Games”
Experience the spirit of friendly competition in any of the following Senior Games Events: badminton, bocce, five pin bowling, carpet bowling, contract or duplicate bridge, cribbage, euchre, cycling, darts, golf, lawn bowling, Scrabble, shuffleboard, slo-pitch, skating, hockey, table tennis, volleyball, walking, whist, pickleball and more. The Games are held throughout the year in various locations across the City. For detailed information, visit your local community centre, libraries or call: the Senior Games President 905-274-5903, or the Mississauga Sports Council 905-267-3536, or e-mail seniorgames@sportsmississauga.ca
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 contact: Denise, jpdb2007@sympatico.ca

**Garden Café – located at Mississauga Seniors’ Centre**
Delicious, affordable lunch to enjoy with friends includes soup, sandwiches, muffins, pastries, tea, coffee, juice etc. Every weekday Monday to Friday at the Mississauga Seniors’ Centre. Volunteers welcome. 9:00 a.m. – 1:00 p.m. Sept. to June
Older Adult Clubs and/or groups

55 Plus Goan Association – West Gta Inc.
Recreational
Activity Hours: Various times and days, 6:00 – 11:00 pm
Contact: Leslie 905-890-2881/
leslie.desouza@outlook.com

Pickleball Mississauga Association
Pickleball is a sport combining elements of tennis, table tennis and badminton.
Activity Hours: Various locations, various times.
Contact: Doug CMA 416 315-2950/
dougstubbs1@rogers.com

The First Hungarian Seniors Group of Mississauga
Primarily seniors of Hungarian descent meeting every Friday evening at 1389 Cawthra Rd., in order to foster their heritage within Mississauga through social interaction and activities.
Activity Hours: Friday evening
Contact: M. Koszo 905-896-2742/
mikekoszo@rogers.com

Volleyball Coed (55 years +)
A co-ed group of people who love to play volleyball in a non-competitive setting. Beginners welcome.
Contact: John 905-891-5396

West End Seniors
Provides & promotes social, cultural & recreational activities to furthering our identity.
Activity Hours: Varies times and days, 6:00 – 10:00 pm
Contact: Darrel 905-897-0890/
d_carvalh@rogers.com

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

Older Adult Clubs and/or Groups

Mississauga Italian Canadian Seniors Club
Cards /Bingo
Activity Hours: Monday to Friday, 1:00 – 4:00 pm
Contact: Guiseppe 905-890-3648

Filipino Seniors of Mississauga
Social
Activity Hours: Wednesday, 7:00 – 10:00 pm
Contact: Ching, 905-275-1372

La Casa De Los Abuelos
Social
Activity Hours: Sunday, 3:00 – 7:00 pm
Contact: Mississauga Valley CC, 905 615-4670

Mississauga Valley Seniors
Cards
Activity Hours: Tuesday, 1:00 – 4:00 pm
Contact: Mississauga Valley CC, 905 615-4670

Xin Tiandi Seniors
Social
Activity Hours: Monday, 10:00 am – 2:00 pm
Contact: Mr.Baofeng 416 523-5468

Euchre Club
Activity Hours: Saturday evenings
Contact: C. Fagan 289 232-4096

Senior Tamils Society of Peel
Activity Hours: Monday, 10:00 am – 1:00 pm
Contact: Mississauga Valley CC, 905 615-4670

River Grove Community Centre
5800 River Grove Avenue
905 615-4780

Older Adult Clubs and/or Groups

River Grove South Asian Seniors Club
Cards, yoga, men’s and ladies activities.
Activity Hours: Monday and Friday 1:00 – 4:00 pm
Contact: Mohammed 416-898-3814 / 905 615-4780
**Groups and Activities at Community Centres**

River Grove Senior Friendship Club
Various activities such as carpet bowling, ping pong, crafts, fitness, dancing, cards, yoga and more.
Contact: 905-615-4780 ext. 2319

South Common Community Centre
2233 South Millway
905 615-4770

Older Adult Clubs and/or Groups

Credit Valley Seniors Club
Enjoy the company of other community members through group meetings and social events. Members participate in recreation activities to maintain an active lifestyle.
Activity Hours: Monday to Friday at various times
Contact: Lewis 647-824-9326

Hindi Seniors Group Women
Stay connected to the community through social gatherings and group meetings.
Activity Hours: Tuesday, 2:00 – 4:30 pm
Contact: Mrs. Kholi 905-823-0436

Mississauga Seniors Club Canada Inc.
Learn about health and wellness while engaging in group meetings and social events.
Activity Hours: Fridays, 1:00 – 4:30 pm
Contact: Amarjit 416-356-8777

Silver Lining Filipino Seniors Association
Connect through monthly meetings and group social events.
Activity Hours: Saturday, Monthly, various times
Contact: Estelito 905-712-1205/ estelitocruz@gmail.com

Other Older Adult Clubs or Groups

Square One Older Adult Centre
For more than 23 years, Square One Older Adult Centre has been providing accessible, affordable and stimulating programs, events and services to Mississauga residents 50 years of age and better.

Square One Older Adult Centre, Main Centre
Located in Square One Shopping Centre, lower level
Open 7 days a week, excluding holidays.
905-615-3207
sqloac.com, E-mail: squareoneoac@rogers.com
Active programs: co-ed fitness, chair-ercize, Pilates, toning, Zumba Gold, table tennis, Taoist Tai Chi, and more; dance classes: line dancing, belly dancing, open ballroom evenings, dance workshops; cards and games: cribbage, dominoes and euchre; general interest & education: creative writing, computer club, internet café, gardener’s circle, and book club; music, arts & crafts: therapeutic drumming, intergenerational crafts, ukulele lessons; travel: monthly local trips plus Canada and USA bus destinations and group travel to China, Australia, etc. special events & fundraisers: The Road to Broadway, Deck the Halls, Euchre Tournament, multicultural events, and a fall clothing sale.

Square One Older Adult Centre, Mississauga West
Meadowvale West Church Centre
6945 Meadowvale Town Centre Circle
Phone 905-363-0123
Monday – Friday, 8:30 am – 3:00 pm
Programs include line dancing, yoga, Zumba Gold, co-ed fitness, art classes, computer workshops and more.
Square One Seniors Wellness Services
Free services include telephone reassurance, circle of friends support group, health clinics and lectures, sensible living series, and individual counselling.
Please contact the Centre at 905-615-3207 or e-mail squareonesws@rogers.com
Charitable Registration #: 819595893RR001
The following older adult clubs/groups who meet at the Square One Older Adult Centre

Chinese Golden Age Seniors
Our large Chinese speaking group meets on Sundays from 1:00 until 5:00 pm. Besides Chinese breathing exercises, aerobics and line dancing, we also play table tennis, participate in Chinese brush painting and have a musical group.
Contact: Andrew 905-270-8239

Siyalan Filipino Seniors’ Volunteer Group
This social group meets weekly on Saturdays noon to 4:00 pm to share food, fellowship and fun. Our many special events include Holy Thursday and monthly parties.
Contact: Tessie 905-607-1902

Elderly Vietnamese Association of Mississauga
This social group meets on Saturdays 1:15 to 4:30 pm. Join them for a variety of weekly programs plus monthly parties.
Contact: Diep, 905-212-7164

Caribbean Seniors Social Activities
Our Caribbean group meets Saturday afternoons 1:30 to 4:30 pm for fun and companionship. Our group enjoys many outings as well including bowling and picnics.
Contact: Cynthia 905-896-3765 / Joyce 905-804-8998

Goan Cultural Group
Join us Wednesdays from 6:30 to 9:00 pm for an evening that could include music, lectures, card games, movies and dancing.
Contact: Thelma 905-828-9243/ Saby 905-281-1213

Latin-American Art and Healing Group (ALCE)
Wednesday from 2:00 to 5:00 pm this Spanish speaking group meets to continue their customs. There is dancing, music, art and education as well as social interaction. Tuesday evenings we also host a intergenerational drum circle from 6:30 to 7:30 pm.
Contact: Elsa 905-897-2495

Square One Deaf Seniors Group
This active group meets twice a month on Mondays from 2:00 to 4:00 pm. They enjoy playing cards, Wii bowling, trivia, information workshops and hold quarterly socials.
Marty or Helen . Check our website sqloac.com for meeting dates or email squareonedefsenniorsgroup@yahoo.ca or sh-park77@rogers for more information.

Other Groups

A Stepping Stone to a Healthy Active Lifestyle
Next Step to Active Living, a therapeutic recreation programs offers a supportive environment for adults aged 21 and older 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, x2279 or visit mississauga.ca/nextstep

Mississauga Seniors Council
Members of this council are members of existing Older Adult Groups/Clubs active in the City of Mississauga. Meeting topics include; identifying issues that affect Mississauga older adults and working on resolutions, educational and informative guest speakers, and sharing of up to date events or services available in the city. Biannual conferences are also held.
Meetings every third Thursday of the month - 10.30am at various locations throughout Mississauga
Robert, 416-786-5083 or rharrick@rogers.com.

Groups and Activities at Community Centres
Mississauga Seniors’ Centre - Membership Benefits/Program

Recreation Programs Designed for Older Adults

Sometimes finding a program that helps you stay active, fit and healthy is challenging. If you like to dance, exercise, play sports, swim, skate or improve your computer skills, try some of these programs and others listed throughout the Guide or inquire at your local community centre.

Zumba® Gold
Zumba® Gold modified to suit the needs of the active older adult and those new to Zumba®. Check out classes at activemississauga.ca.

Basketball Shoot Around for Older Adults
Enjoy a game of pick-up basketball, page 216.

Computer Introduction Seniors
A guide to basic computer skills. Learn about Windows Explorer, Microsoft Word, basic internet and email, page 154.

Mississauga Seniors’ Centre - Membership Program

Mississauga Seniors’ Centre
1389 Cawthra Rd., 905-615-4810
mississauga.ca/olderadults

Are you 60 years or older? Drop by for a tour or see our centre happenings listed in this Guide.

The centre is located at Cawthra and Arbor Road, south of the QEW, beside the Carmen Corbasson Community Centre. 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 2015 membership fee is $25 for residents and $30 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.

What we have to offer you... a wide selection of exercise classes, day trips, special events and social opportunities specifically designed for older adults.

Volunteer Opportunities for Members

Volunteers are members of the Centre who are key to our success.

Everyone is welcome and no experience is necessary. Contact the centre for volunteer opportunities. Call 905-615-4810.
Mississauga Seniors’ Centre - Membership Program

Belly Fit Dance®
Burn calories and get the heart pumping with fun, easy to learn cardio moves inspired by Belly Dance®. You will have so much fun you won’t know you’re working out. No experience necessary.

Age: 60Y and up  Fee: $52.50  Classes: 15
START  TIME  DAY  CODE
Sep 09  9:30 am -10:30 am  W  675256

Age: 60Y and up  Fee: $35.00  Classes: 10
START  TIME  DAY  CODE
Jan 13  9:30 am -10:30 am  W  680899

Computer - Tech Time
If you are new to computers, this ‘combo’ tech program is for you! Learning will include controlling Windows, using a mouse, taskbar essentials, saving, opening and deleting documents, five steps to sending email, internet introduction and more.

Age: 60Y and up  Fee: $99.00  Classes: 6
START  TIME  DAY  CODE
Sep 24  1:00 pm - 2:30 pm  Th  675258
Feb 18  1:00 pm - 2:30 pm  Th  680900

Fit Fellows
An all-round fitness and strength training class specifically designed for the more active male participant. Includes cardio, low impact aerobic exercises and comradery for an invigorating workout.

Age: 60Y and up  Fee: $49.00  Classes: 14
START  TIME  DAY  CODE
Sep 11  10:30 am -11:30 am  F  675261

Age: 60Y and up  Fee: $45.50  Classes: 13
START  TIME  DAY  CODE
Sep 14  10:20 am -11:20 am  M  675260

Age: 60Y and up  Fee: $35.00  Classes: 10
START  TIME  DAY  CODE
Jan 15  10:30 am -11:30 am  F  680902

Age: 60Y and up  Fee: $31.50  Classes: 9
START  TIME  DAY  CODE
Jan 11  10:20 am -11:20 am  M  680903

Computer-Tech Time 2
Take the Internet to the next level, master tabbed browsing, learn how to clean computer of unwanted junk, computer security, organize those files and so much more. Prerequisite to take this course is Tech Time Level 1.

Age: 60Y and up  Fee: $99.00  Classes: 6
START  TIME  DAY  CODE
Nov 10  10:30 am -12:00 pm  Tu  675259

Age: 60Y and up  Fee: $99.00  Classes: 6
START  TIME  DAY  CODE
Feb 23  10:30 am -12:00 pm  Tu  680901

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

Age: 60Y and up  Fee: $49.00  Classes: 14
START  TIME  DAY  CODE
Sep 11  9:30 am -10:30 am  F  675264
Age: 60Y and up  Fee: $45.50  Classes: 13
START  TIME  DAY  CODE
Sep 14  9:15 am -10:15 am  M  675263
Age: 60Y and up  Fee: $35.00  Classes: 10
START  TIME  DAY  CODE
Jan 15  9:30 am -10:30 am  F  680905
Age: 60Y and up  Fee: $31.50  Classes: 9
START  TIME  DAY  CODE
Jan 11  9:15 am -10:15 am  M  680906

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.

Age: 60Y and up  Fee: $45.50  Classes: 13
START  TIME  DAY  CODE
Sep 14  9:15 am -10:15 am  M  675265
Age: 60Y and up  Fee: $31.50  Classes: 9
START  TIME  DAY  CODE
Jan 11  9:15 am -10:15 am  M  680907

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: $52.50  Classes: 15
START  TIME  DAY  CODE
Sep 11  11:00 am -12:00 pm  F  675266
Age: 60Y and up  Fee: $35.00  Classes: 10
START  TIME  DAY  CODE
Jan 15  11:00 am -12:00 pm  F  680908

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: $52.50  Classes: 15
START  TIME  DAY  CODE
Sep 11  10:00 am -11:00 am  F  675267
### Mississauga Seniors’ Centre - Membership Program

#### Keep Fit for Bones - Level 1
A gentle and fun fitness program for beginners. Light cardio, stretching and weight bearing exercises will build bones and muscle strength, will make you stronger and more flexible. Do it for fun, do it for your bones!

<table>
<thead>
<tr>
<th>Age: 60Y and up</th>
<th>Fee: $52.50</th>
<th>Classes: 15</th>
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</thead>
<tbody>
<tr>
<td>START</td>
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<td>Sep 08</td>
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#### Keep Fit for Bones - Level 2
A low but intense workout for the more active participant. Light aerobic, stretching and weight bearing exercises will build bones and muscle strength. Your bones will thank you.

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#### OsteoFit for Older Adults
This class is specifically for those wanting to prevent/prolong the onset of osteoporosis. If you have limited joint mobility and want to increase your bone density, this class is for you.

<table>
<thead>
<tr>
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<th>Fee: $52.50</th>
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#### 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.

<table>
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**Aquatics**

Search, Select & Register at [activemississauga.ca](http://activemississauga.ca)

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

Stretch & Strengthen Level 1
Learn how to strengthen your muscles safely and effectively with a variety of strength training equipment including weights, resistance bands and stability balls. This program will help you look better, feel better and improve your flexibility, balance and strength. This program will consist of chair and standing exercises, no work on the floor.

<table>
<thead>
<tr>
<th>Age: 60Y and up</th>
<th>Fee: $52.50</th>
<th>Classes: 15</th>
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<tr>
<td>Age: 60Y and up</td>
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Stretch & Strengthen Level 2
Learn how to strengthen your muscles safely and effectively with a variety of strength training equipment including weights, resistance bands and stability balls. This Level 2 program will be more challenging than Level 1 and will involve some mat work.

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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.

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REMEMBER ... register early!
Programs with low enrollment are cancelled. Don’t miss out.

get active online
Search and select programs from your computer or mobile devices. It’s hands-on, easy and secure.
Don’t have a family PIN number yet? Sign up now. activemississauga.ca
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 and range of motion. Strengthen your bones and create a healthier, independent and functional life.

Age: 60Y and up  Fee: $45.50  Classes: 13

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Age: 60Y and up  Fee: $31.50  Classes: 9

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<td>11:30 am -12:30 pm</td>
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Yoga in a Chair

Yoga in a chair is perfect for anyone who would like to experience yoga but has difficulty getting down on the floor. A wonderful combination class of modified yoga poses with breathing practices to benefit the whole body.

Age: 60Y and up  Fee: $67.50  Classes: 15

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Age: 60Y and up  Fee: $45.00  Classes: 10

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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: $67.50  Classes: 15

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Age: 60Y and up  Fee: $58.50  Classes: 13

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Age: 60Y and up  Fee: $45.00  Classes: 10

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Age: 60Y and up  Fee: $40.50  Classes: 9

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